INSPIRE HEART–HAPPY HABITS
WITH HEART HERO PUPPETS

ABOUT OUR HEART HEROES

Hi, I’m Sunny. Move More to stay active for 60 minutes each day.

Hi, I’m Sofie. I love to Add Color to my plate with lots of fruits and veggies.

Hi, I’m Knox. I want you to know how important it is to Avoid Vaping and Tobacco to stay healthy.

Hi, I’m Perrie. Be Ready to always make the most of every day.

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Hi, I’m Knox. I want you to know how important it is to Avoid Vaping and Tobacco to stay healthy.

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Cut out each puppet and glue it to a jumbo craft stick.

Act out heart-healthy habits such as:

— staying physically active after school  
— encouraging a smoker to avoid tobacco and e-cigarettes  
— choosing water over a sugary beverage at the ballpark  
— talking with a farmer or produce clerk about different fruits and vegetables  
— being sodium busters on a mission to blast extra sodium from diets  
— be rested and ready for school by getting to bed on time  
— offering encouragement to a friend who is trying to develop heart-healthy habits  
— doing a good deed for a friend in need

Use different voices when speaking for the puppets.

Interview the puppets for a podcast.

Act out a typical day in the life of your puppet.

Act out commercials for:

— heart-healthy foods  
— an after-school fitness club

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Directions:
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2. Glue each puppet to a jumbo craft stick.
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