Healthy Heart Predictions

What you need:
• scissors

Directions:
1. Cut out the pattern.
2. Fold.

Describe a good deed that you have done or that someone has done for you.

Describe a heart-healthy snack.

Name one of your favorite physical activities.

Name the best beverage choice for when you are thirsty.

Share one thing you are grateful for.

Describe a fruit or vegetable you would like to try.

Name a leader you were time when you were a leader.

What do we say to vaping and tobacco?