



American Heart
Association.

**KIDS
HEART
CHALLENGE™**



Solve the Missions and Join the

**HEART
HEROES**



Name _____ Date _____

Inspire Heart-Happy Habits with Heart Hero Puppets

About Our Heart Heroes



Hi, I'm **Dash**. Move More
to stay active for 60
minutes each day.



Hi, I'm **Kai**. I always Choose
Water over sugary drinks.



Hi, I'm **Iker**. Be a
Leader! It's a great
way to help others.



Hi, I'm **Sam**. I want you to
know how important it is
to say No to Vaping and
Tobacco to stay healthy.



Hi, I'm **Taye** and this is
my dog **Scout**. We like to
volunteer and Help Others!



Hi, I'm **Journey**. When I think
about what I'm grateful for,
it makes me feel calm and I
remember to Be Kind.

Making the Puppets

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

Having Fun With the Puppets

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
- think about 3 things which you are grateful for
- 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



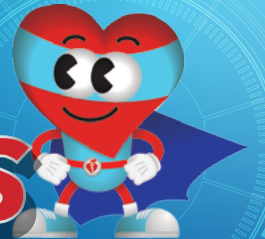
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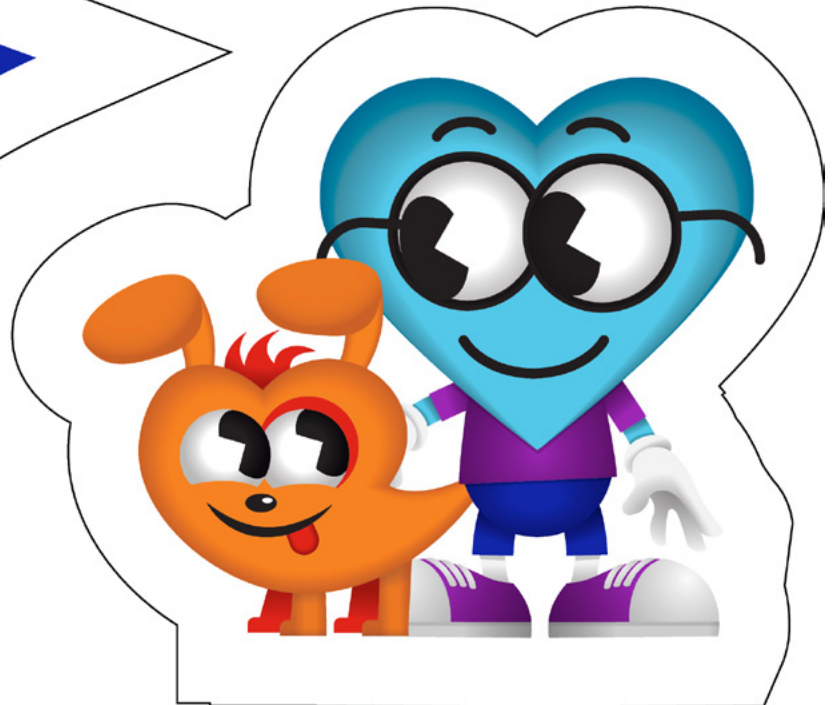
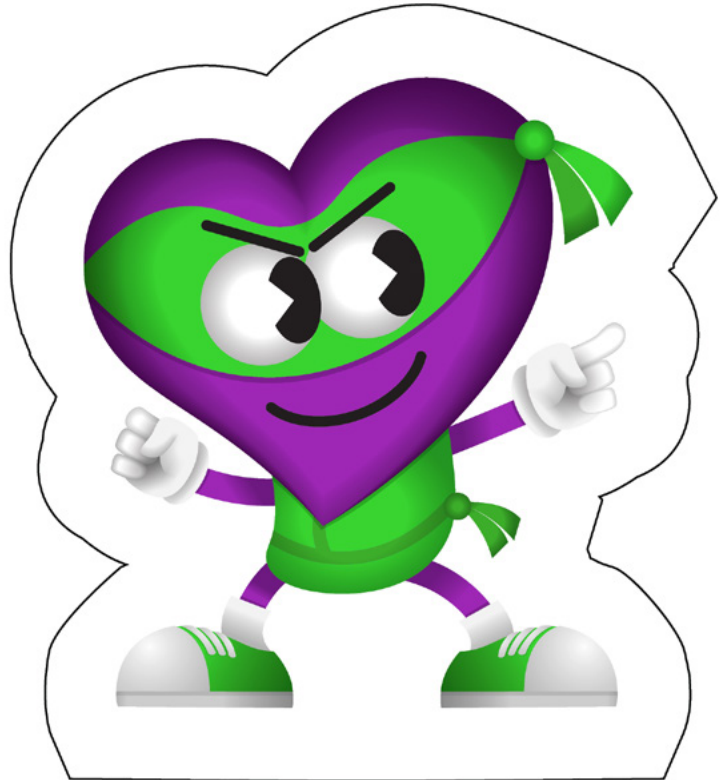
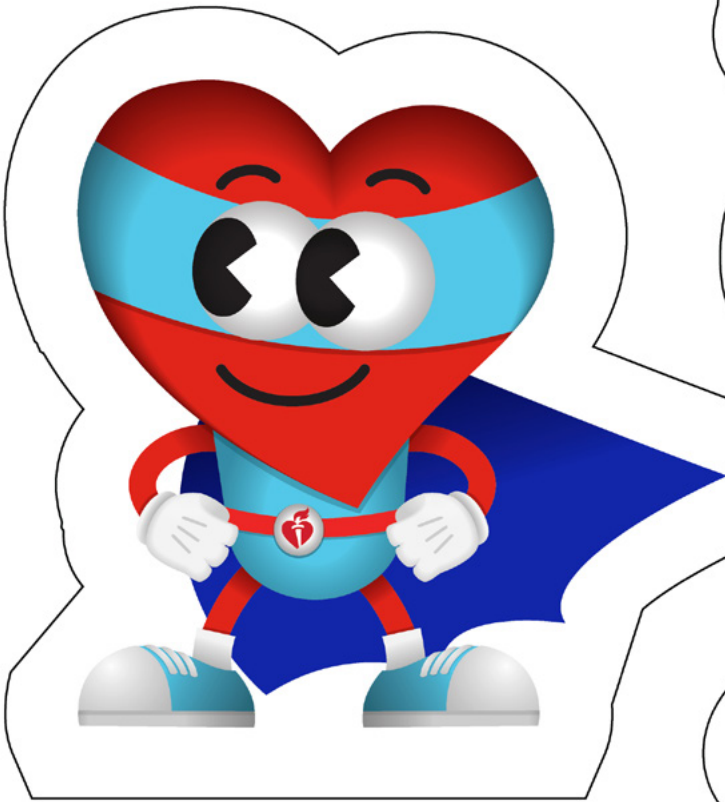


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Heart Hero Puppets

Directions:

1. Cut out the puppets.
2. Glue each puppet to a jumbo craft stick.





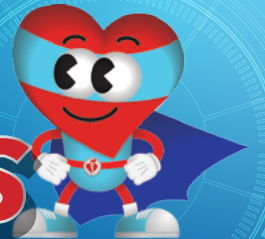
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