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

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

Making the Puppets

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
- 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

Having Fun With the Puppets
Heart Hero Puppets

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