



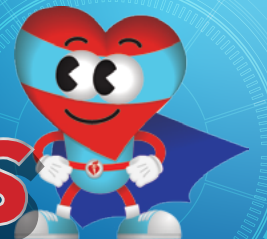
American Heart Association.

**KIDS
HEART
CHALLENGE™**



Solve the Missions and Join the

**HEART
HEROES**



Name _____ Date _____

Make a Heart Hero bookmark

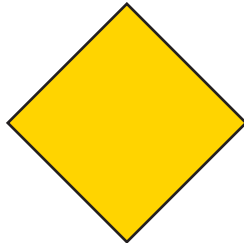
Students will be reminded of the importance of heart health each time they return to their reading.

What you need:

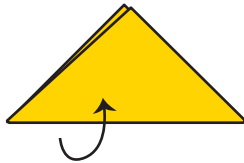
- 6" square of paper
- paper scraps
- crayons or markers
- glue

Directions:

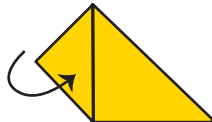
- 1 Lay paper flat.



- 2 Fold.



- 3 Fold.



- 4 Fold.



- 5 Unfold.



- 6 Fold.



**Good Habits
Are the
Key to
Good
Health!**

1. CHOOSE WATER.
2. MOVE MORE.
3. BE A LEADER.
4. HELP OTHERS.
5. NO VAPING
OR TOBACCO.
6. BE KIND.

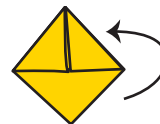
- 7 Fold and tuck.



- 8 Fold and tuck.



- 9 Turn.



Step 10: Decorate!

