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.
7. Fold and tuck.
8. Fold and tuck.
9. Turn.
10. Decorate!

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.