Healthy Heart Predictions

What you need:
• scissors

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

1. Describe a good deed that you have done or that someone has done for you.
2. Name a fruit or vegetable you would like to try.
3. Name a heart-healthy snack.
4. Share one thing you are grateful for.
5. Name one of your favorite physical activities.
6. Name a time when you were a leader.
7. Name one of your favorite physical activities.
8. Describe a beverage choice for when you are thirsty.
9. What do we say to vaping and tobacco?

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