Inspire Heart-Happy Habits with Heart Hero Puppets

About Our Heart Heroes

Hi, I’m Flash. Move More to stay active for 60 minutes each day.

Hi, I’m Lee. Be a Leader! It’s a great way to help others.

Hi, I’m Crew. I love Teamwork! Sometimes being a great team member is about helping cheer on the rest of your team!

Hi, I’m Banks. I always Choose Water over sugary drinks.

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

Hi, I’m Amor and this is my dog Max. 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.

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

Having Fun With the Puppets

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
Heart Hero Puppets

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2. Glue each puppet to a jumbo craft stick.
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