

## MAKE A HEART HERO BOOKMARK

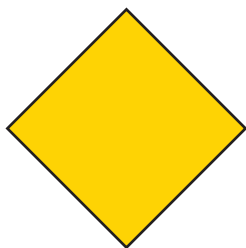
Students will be reminded of the importance of heart health each time they return to their reading.

### What you need:

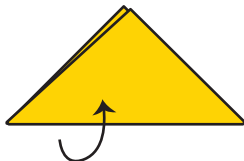
- 6" square of paper
- paper scraps
- crayons or markers
- glue

### Directions:

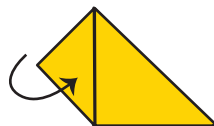
1 Lay paper flat.



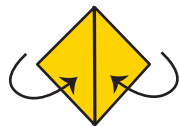
2 Fold.



3 Fold.



4 Fold.



5 Unfold.



6 Fold.



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

1. Add color to your plate with fruits and veggies.
2. Move more.
3. Avoid tobacco and e-cigarettes.
4. Help others.
5. Be ready.
6. Be kind.



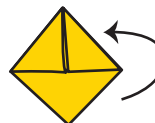
7 Fold and tuck.



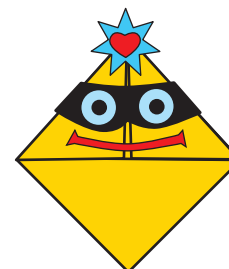
8 Fold and tuck.



9 Turn.



Step 10: Decorate!



American  
Heart  
Association.

