



Name _____

Date _____

ROLL A HEART-SMART SUPERHERO!

What you need:
die
paper
crayons or
markers

Directions:

1. Roll five times. Determine a body shape, head shape, color for a mask and cape, superhero extra, and a heart-healthy message.
2. Draw your heart hero.
3. Draw a big speech bubble. Write your heart-healthy message inside the bubble.



Your Roll	Body	Head	Mask and Cape Color	Superhero Extra	Topic of Heart-Healthy Message
	blob 	diamond 	green	You choose!	cutting sodium
	You choose!	circle 	yellow	magic ring	fruits and vegetables
	square 	triangle 	You choose!	power belt	no sugary beverages
	half circle 	heart 	red	laser wand	no tobacco
	oval 	blob 	blue	x-ray shield	do a good deed
	rectangle 	You choose!	orange	lasso	exercise



American Heart Association.

