

Get Heart Smart!



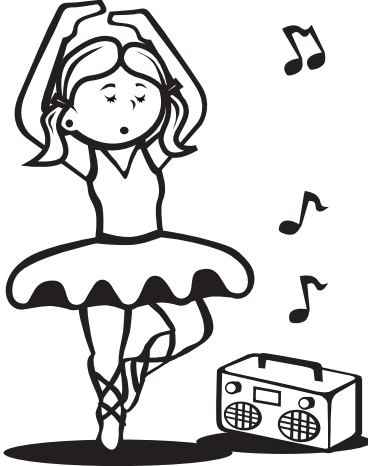
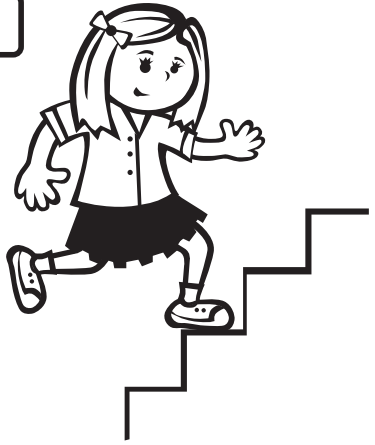



Primary
Aligns with
Science
learning standards

giant eagle

Who here is heart smart?

Color all the pictures, then put a check in the box next to the pictures of the kids doing activities that are good for their hearts.

Hint: Physical activity exercises muscles, strengthen bones and gets your heart pumping to keep it healthy.

<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 

Answers: Skateboarding, Dog Walking, Dancing, Stair Climbing, Scuba Diving, Soccer