



Name \_\_\_\_\_

Date \_\_\_\_\_

# INSPIRE HEART-HAPPY HABITS WITH HEART HERO PUPPETS

## ABOUT OUR HEART HEROES



Hi, I'm **Sunny**. Move More to stay active for 60 minutes each day.



Hi, I'm **Sofie**. I love to Add Color to my plate with lots of fruits and veggies.



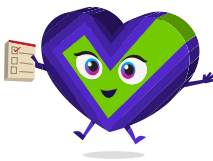
Hi, I'm **Nico**. It's fun to Be Kind!



Hi, I'm **Knox**. I want you to know how important it is to Avoid Vaping and Tobacco to stay healthy.



Hi, I'm **Crush**. Discover how fun it is to Help Others!



Hi, I'm **Perrie**. Be Ready to always make the most of every day.

### Making the Puppets

Cut out each puppet and glue it to a jumbo craft stick.

### Having Fun With the Puppets

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
- be rested and ready for school by getting to bed on time
- offering encouragement to a friend who is trying to develop heart-healthy habits
- doing a good deed for a friend in need

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



American Heart Association.



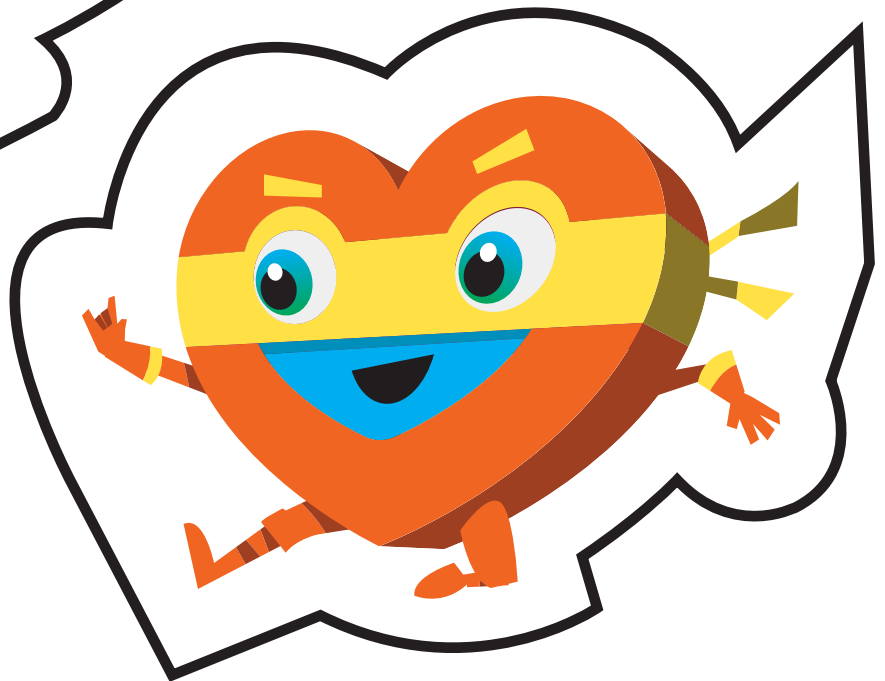
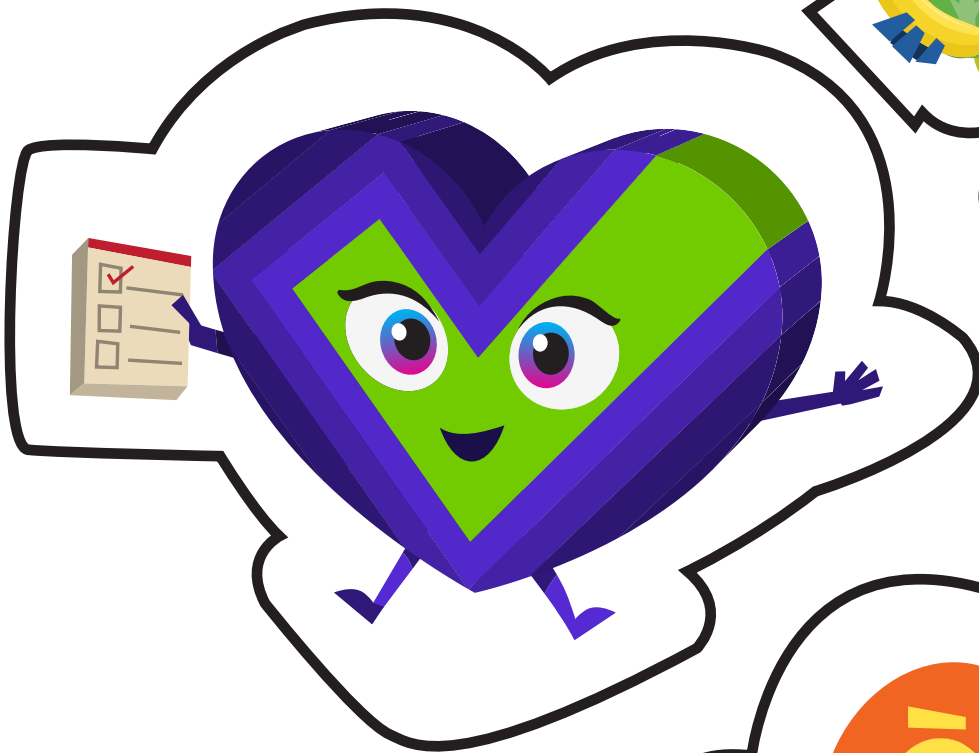


# HEART HERO PUPPETS

(Page 1)

**Directions:**

1. Cut out the puppets.
2. Glue each puppet to a jumbo craft stick.



American  
Heart  
Association®



# HEART HERO PUPPETS

(Page 2)

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