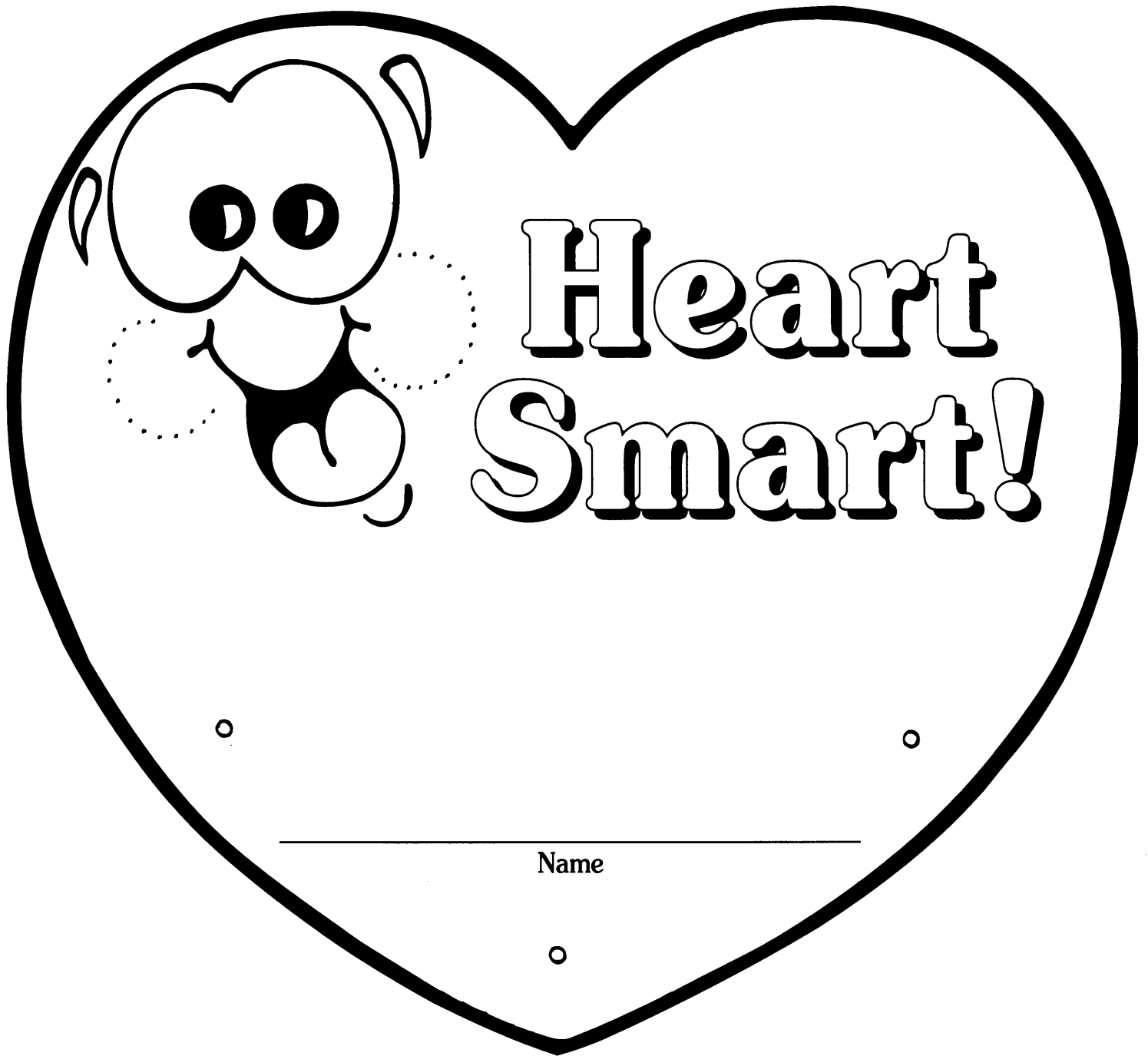


Healthy Heart Mobile



Each student can make his or her own “Heart Smart Mobile” using these simple patterns. Cut the patterns from construction paper and assemble with thread or yarn, as shown on the next page.

You can also use this heart pattern to make “Heart Smart” Medallions. Attach yarn to each heart and hang the medallions around each child’s neck.

Discuss with your class the different things they can do to have a healthy heart and body. You might ask students to list these things on the back of their mobile pieces. For example, list foods that make up a balanced diet, different activities that make the heart and body work hard and stay fit and the number of hours of sleep we all need each night to keep our bodies in the best possible health.

