



**BRING OUT THE SUPERHERO IN EACH OF YOUR STUDENTS!**

**MATERIALS**

- blue bulletin board paper (background)
- black and purple construction paper (buildings)
- yellow paper scraps (windows)
- six heart-healthy info sheets, provided
- unicorn character (Echo), provided
- glue
- stapler
- scissors

**STEPS**

1. Cover a bulletin board (or large wall space) with bulletin board paper.
2. Trim black and purple construction paper to resemble buildings.
3. Have students cut and glue yellow paper windows onto the building cutouts.
4. Cut out Echo.
5. Staple the cutouts and heart-healthy info sheets to the display. Add a title.

**EXTENSION ACTIVITY**

- Gather students near the display. Read aloud the information from one heart-healthy info sheet. Encourage students to discuss the information. Then read aloud the “Make It Happen!” pledge. Ask students who accept the challenge to perform an action such as clap, wave, or snap their fingers. Continue with each remaining info sheet. Then direct students to repeat each line of the chant after you.

**Make It Happen!**  
 We can make it happen.  
 Yes, we can.  
 We'll make healthy choices  
 Every day!  
 We will be heart heroes.  
 You can count on us!

## ADDITIONAL SUGGESTION

- For a fast-paced review of heart health, give five students foam balls and send them to the center of the gym. Send the remainder of the class, the runners, to different corners. On your signal, the runners try to make it to a different corner without getting tagged with a foam ball. A tagged runner must freeze and hold the ball. When the remaining runners are safely in their corners, ask each tagged player to provide a heart-healthy tip or behavior that has yet to be shared. A player who does this takes the ball to the center of the gym and prepares for the next round. Otherwise, the player sits out the next round of play. The player who tagged the runner returns to the center of the gym to take aim again.

*There is a lot of salt in potato chips.*

## INCLUDED IN THIS PACK:



The pack includes several cards with the following content:

- MOVE MORE:** Too few children are getting enough physical activity. Not moving enough has serious health consequences. Being active helps keep your heart strong. *MAKE IT HAPPEN!* Pledge to get 60 (or more) minutes of physical activity every day. Character: SPRINKLES.
- EAT SMART, ADD COLOR:** Less than one percent of children are eating a heart-healthy diet. What you eat can determine how long you will live. Eating different colors of fruits and vegetables is a great way to give your body a variety of nutrients. *MAKE IT HAPPEN!* Pledge to fill at least half of your plate with fruits and vegetables at every meal. Character: RUBY.
- SIP SMARTER, CHOOSE WATER:** Many drinks can be loaded with added sugars. These include regular soft drinks, sport drinks, and energy drinks. Consuming too much added sugar can lead to being overweight or obese which impacts heart health. Added sugars add calories and zero nutrients to your diet. *MAKE IT HAPPEN!* Pledge to limit sugary drinks to one cup per week. Sip water instead! Character: UNCLE SAM.
- EAT LESS SODIUM:** Most children consume more than the recommended amount of sodium. Most of the extra sodium comes from packaged, prepared, or restaurant foods. Eating less sodium helps protect you from high blood pressure, which can lead to strokes and heart disease. *MAKE IT HAPPEN!* Pledge to eat fewer high-sodium foods such as pizza, burritos, tacos, sandwiches, bread, rolls, canned soups, cold cuts, and cured meats. Character: OSCAR.
- BE SMART, DON'T START:** Tobacco is one of the leading causes of preventable death in the United States. Toxic substances in any tobacco products can destroy your body over time, especially your heart and lungs. You can smell secondhand smoke. Chemicals are getting into your body. *MAKE IT HAPPEN!* Pledge to never smoke and to never use smokeless tobacco or nicotine products such as cigarettes, e-cigarettes or vapes, or chewing tobacco. Stay away from secondhand smoke. Character: FIERY.
- HELP OTHERS BE HEART HEALTHY:** Encourage others to take control of their health. Share your knowledge of heart-healthy behaviors. *MAKE IT HAPPEN!* Pledge to practice heart-healthy behaviors and encourage others to do the same. Character: FINN.

Other items included:

- Heart Hero Character:** A card featuring a blue horse character named ECO.
- HEART HERO I.D. CARD:** A card with instructions for students to create their own I.D. cards, including a pledge to limit sugary drinks and a reminder to practice heart-healthy behaviors.
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# MOVE MORE

- Too few children are getting enough physical activity.
- Not moving enough has serious health consequences.
- Being active helps keep your heart strong.



**MAKE IT HAPPEN!**

Pledge to get 60 (or more!) minutes of physical activity every day.

# EAT SMART, ADD COLOR

- Less than one percent of children are eating a heart-healthy diet.
- What you eat can determine how long you live.
- Eating different colors of fruits and vegetables is a great way to give your body a variety of nutrients.

**MAKE IT HAPPEN!**

Pledge to fill at least half of your plate with fruits and vegetables at every meal.





# SIP SMARTER, CHOOSE WATER



- Many drinks can be loaded with added sugars. These include regular soft drinks, sport drinks, and energy drinks.
- Consuming too much added sugar can lead to being overweight or obese which impacts heart health.
- Added sugars add calories and zero nutrients to your diet.

**MAKE IT HAPPEN!**

Pledge to limit sugary drinks to one cup per week. Sip water instead!



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# EAT LESS SODIUM

- Most children consume more than the recommended amount of sodium.
- Most of the extra sodium comes from packaged, prepared, or restaurant foods.
- Eating less sodium helps protect you from high blood pressure, which can lead to strokes and heart disease.

OSCAR



## MAKE IT HAPPEN!

Pledge to eat fewer high-sodium foods such as pizza, burritos, tacos, sandwiches, bread, rolls, canned soups, cold cuts, and cured meats.

# BE SMART, DON'T START

- Tobacco is one of the leading causes of preventable death in the United States.
- The toxic substances in any tobacco products can destroy your body over time, especially your heart and lungs.
- If you can smell secondhand smoke, the chemicals are getting into your body.

## MAKE IT HAPPEN!

Pledge to never smoke and to never use smokeless tobacco or nicotine products such as cigarettes, e-cigarettes or vapes, or chewing tobacco. Stay away from secondhand smoke.

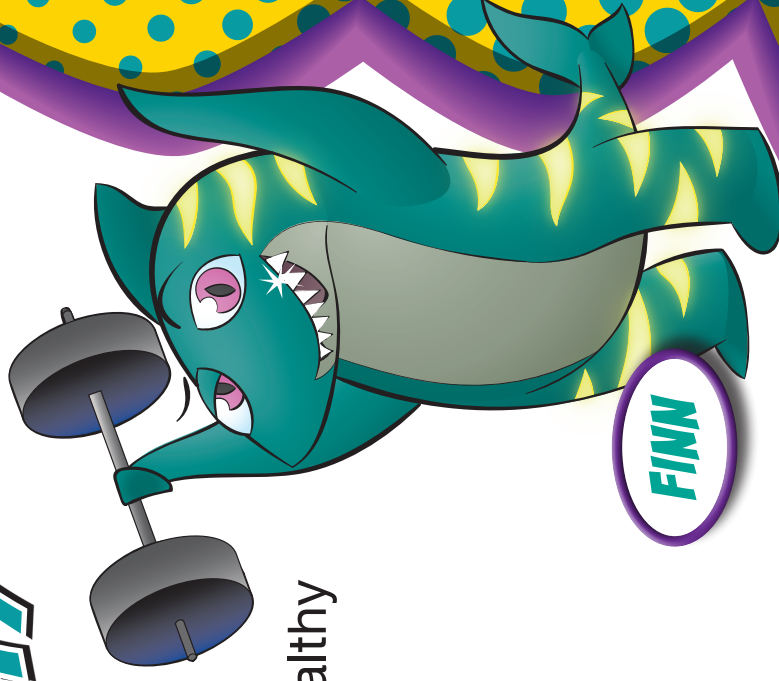




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# HELP OTHERS BE HEART HEALTHY

- Encourage others to take control of their health.
- Share your knowledge of heart-healthy behaviors.
- Take good care of your heart.



## MAKE IT HAPPEN!

Pledge to practice heart-healthy behaviors and encourage others to do the same.



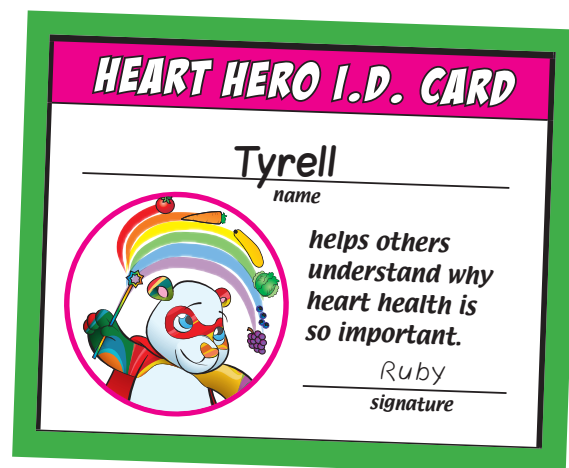


## MAKE IT OFFICIAL!

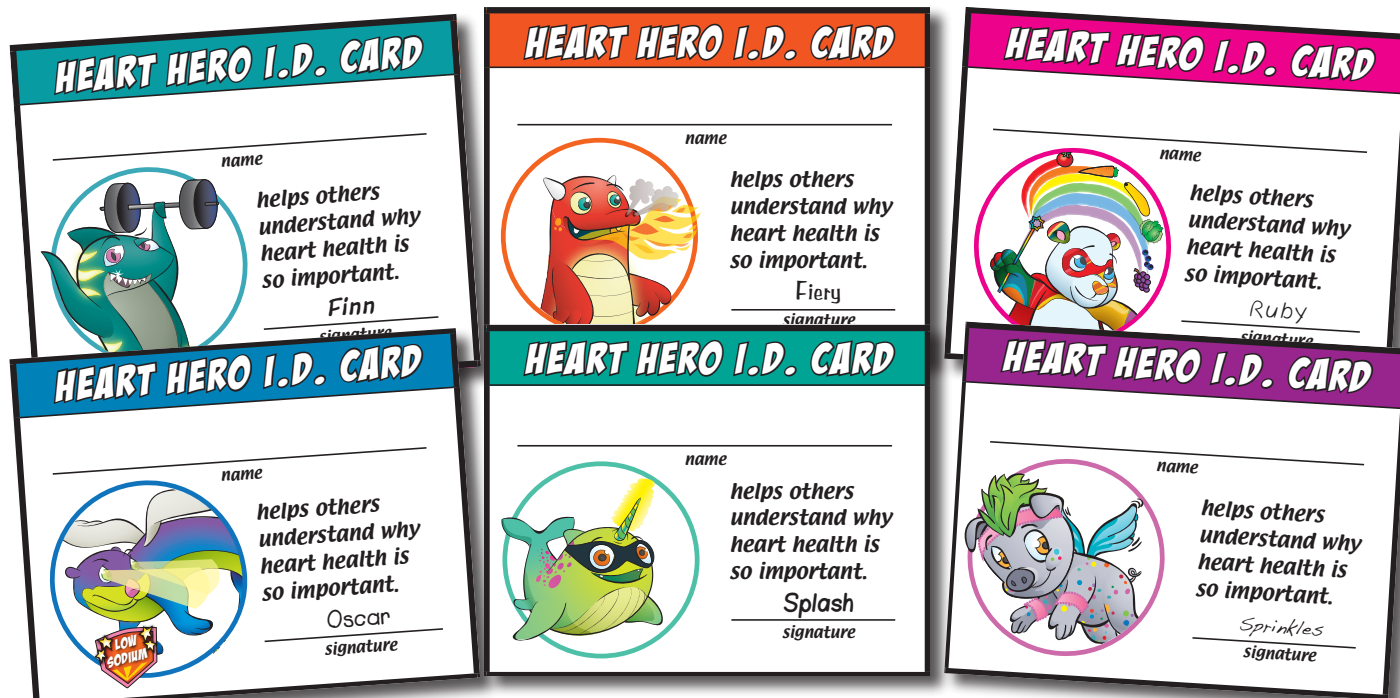
- Copy the sheet of I.D. cards and make one for each student. Invite students to choose their characters and add their names. Display each student's I.D. card on a bulletin board at the beginning of the school year to get them focused on their heart health goals.

**BONUS:** Ask administration and staff members to choose I.D. cards too. Add these to your bulletin board to help inspire your whole school to make heart-healthy choices!

- Present each student with his or her Heart Hero I.D. card. Review the actions that are Heart Hero requirements—eating lots of colorful fruits and veggies, choosing water, reducing sodium, saying “No” to tobacco, and being active for 60 or more minutes per day. If desired, have each student glue his or her signed card onto a slightly larger construction paper rectangle to make it extra durable.



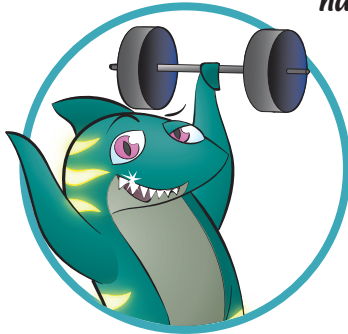
## INCLUDED IN THIS PACK:





# HEART HERO I.D. CARD

name \_\_\_\_\_



helps others understand why heart health is so important.

Finn

signature

# HEART HERO I.D. CARD

name \_\_\_\_\_



helps others understand why heart health is so important.

Fiercy

signature

# HEART HERO I.D. CARD

name \_\_\_\_\_



helps others understand why heart health is so important.

Ruby

signature

# HEART HERO I.D. CARD

name \_\_\_\_\_



helps others understand why heart health is so important.

Splash

signature

# HEART HERO I.D. CARD

name \_\_\_\_\_



helps others understand why heart health is so important.

Oscar

signature

# HEART HERO I.D. CARD

name \_\_\_\_\_



helps others understand why heart health is so important.

Sprinkles

signature