❤️ MY BODY

Healthy Heart

My heart goes thump-thump!

🖍️ **Circle the choices that keep your heart happy and strong! Watch out — two of them are silly choices!**





Go for a run



Watch TV all day



Eat yummy fruit



Eat candy all day



Get good sleep



Drink water

👨‍👧 Parent key: circle 🏃 run, 🍎 fruit, 😴 sleep, and 💧 water. Do NOT circle 📺 TV all day or 🍩 candy all day.

🌟 **Thump-thump! Your heart loves when you move, munch fruit, sip water, and snooze!**