

HEALTHY HEARTS

ACTIVITY BOOK



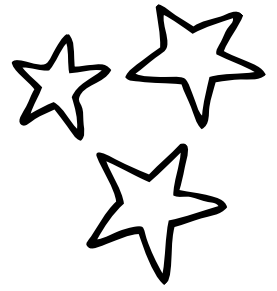
HOPE THE HEART

AND FRIENDS

This kids activity booklet on Healthy Hearts with Hope the Heart has been developed to be fun. It is suitable for kids of all ages. Please use your discretion for your child on the appropriateness on them using it on their own or with adult assistance.

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Author Credit: Jackie Ratz, Winnipeg, MB (2026)
Questions: Jackie@HeartLife.ca





WELCOME!

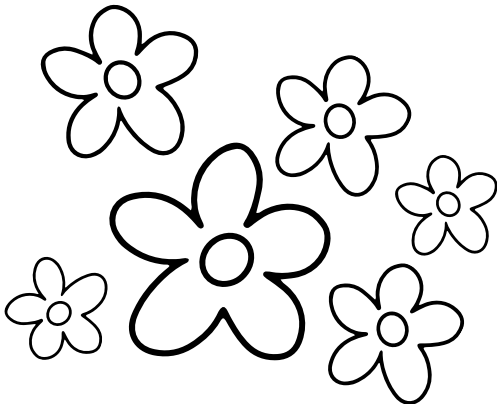
Hi,
My name is
'Hope the Heart.'
I am happy you are
here to learn about
your heart.

What is your name?

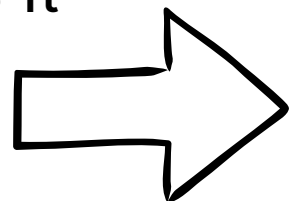


Name: _____

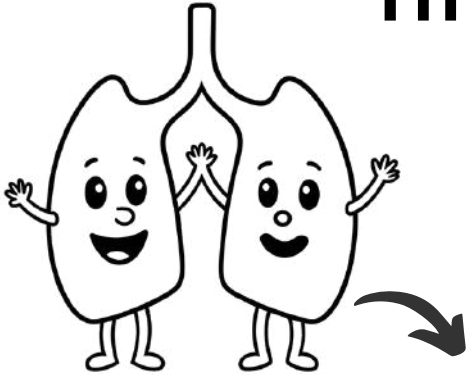
Your heart is like a superhero. It works hard every day! Did you know it beats **115,000** times a day? That is like clapping your hands every second all day and all night.



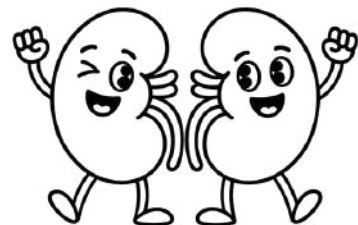
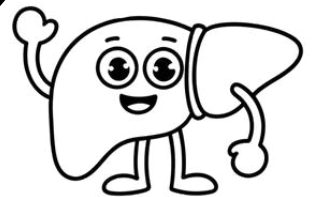
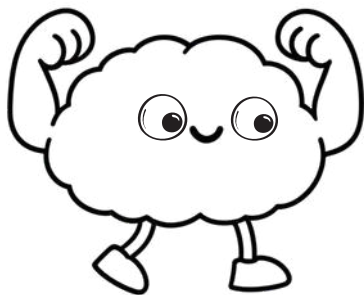
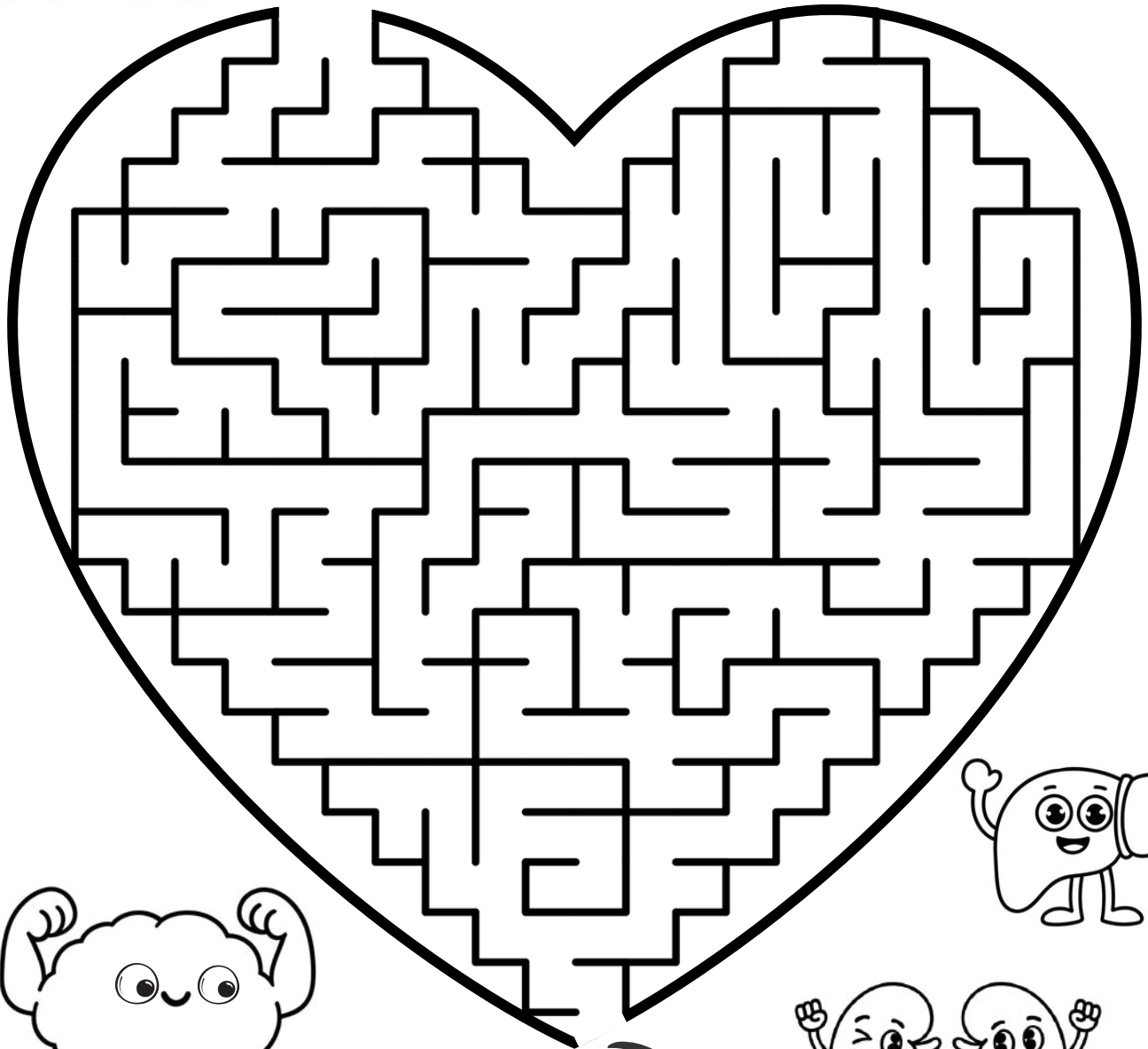
Let's get started learning more about your heart and how you can help keep it healthy and strong!



Can You Help My Friends Through The Maze?



Your kidneys, brain, liver, and lungs are the best friends of your heart. They work together to help keep your body healthy.



The Human Heart Facts



Your heart does not look like me...
The shaped is much like an
upside down pear

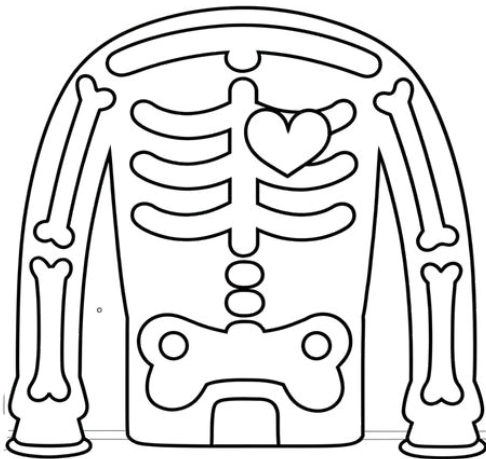


Did you know if you make a **fist**



that is about the size of your heart right now?

Your heart will continue to grow with you until you become an adult.

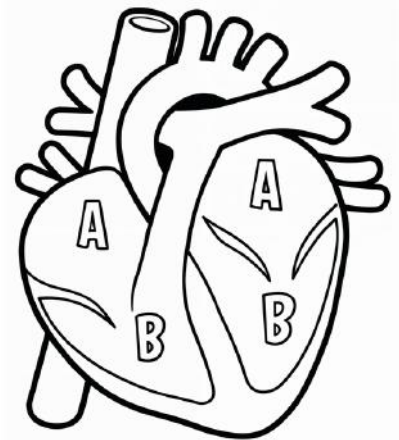


Your heart is located in the upper
middle chest, slightly to the left.

Your heart has **4 chambers:**

2 upper chambers called Atria (A)

2 lower called chambers Ventricles (B)



Colour The Human Heart

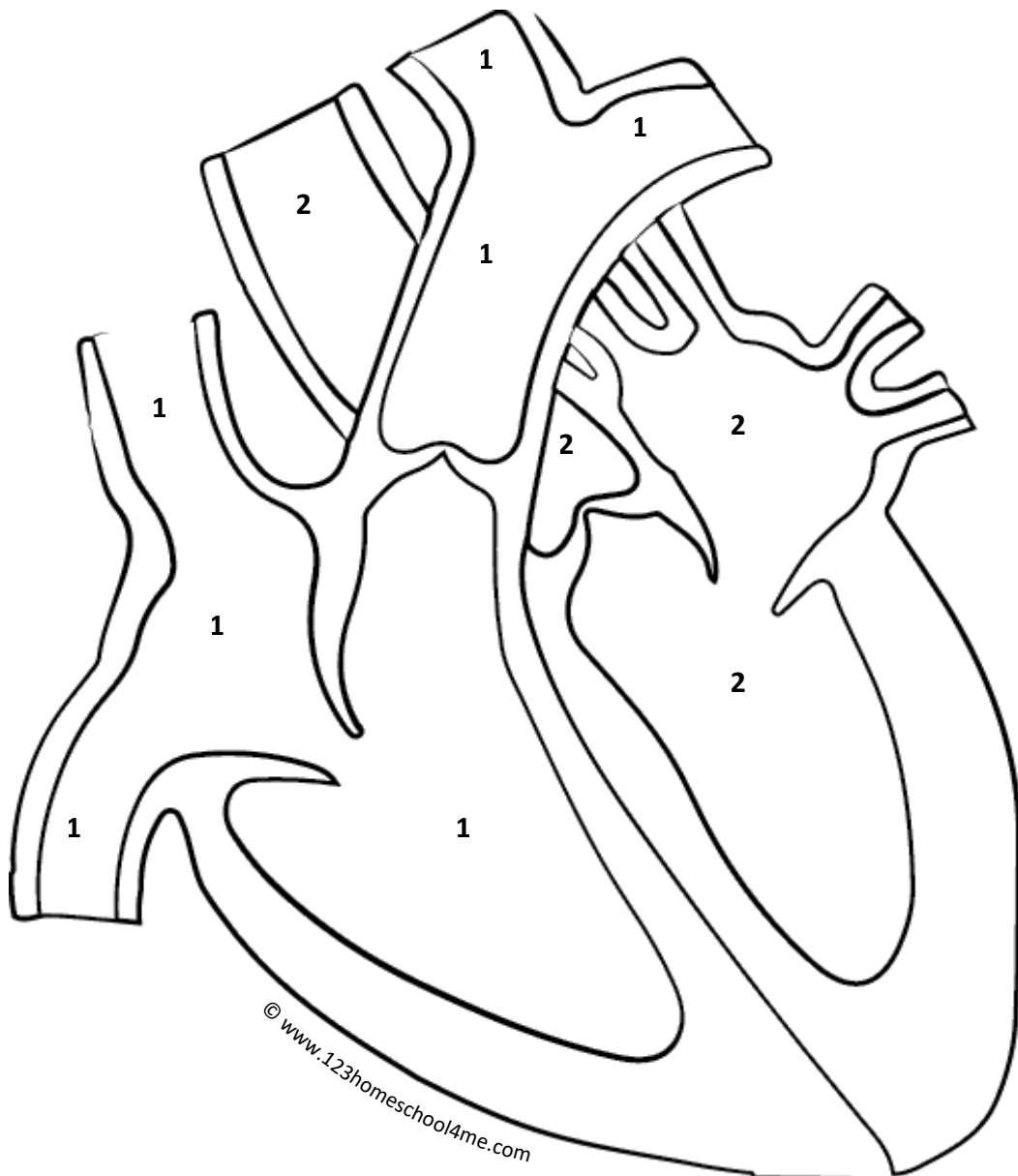
Your heart is like a powerful pump:

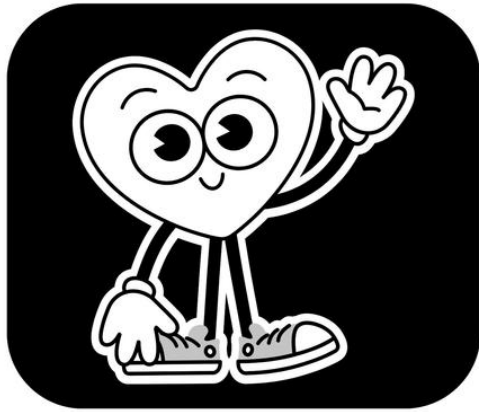
1

The **right** side of your heart receives blood from the body and pumps it to the lungs. (Colour these BLUE)

2

The **left** side of the heart takes the blood from the lungs, which is now filled with oxygen, and pumps it out to the body - to the brain, kidneys, liver and other organs. (Colour these RED)





HEART WORD SEARCH

Can you find the words hidden in the puzzle?



WORDS:

PEAR	MIDDLE	FIST	KIDNEYS	
BLOOD	PUMP	CHAMBERS	LIVER	VENTRICLE
HEARTBEAT	OXYGEN	BRAIN	ATRIA	LUNGS



BIG Emotions are OK

Knowing how to stay calm helps your heart!

5 ♥ 4 ♥ 3 ♥ 2 ♥ 1

SLOW DOWN & CALM DOWN

Start by taking 3 slow quiet deep breaths.

5 List 5 things you can SEE 

4 List 4 things you can TOUCH 

3 List 3 things you can HEAR 

2 List 2 things you can SMELL 

1 ♥ List something POSITIVE about you! ♥

FINISHED? TAKE 3 MORE SLOW & QUIET DEEP BREATHS.

Repeat to yourself: "I am calm, I am safe, I am present."



BIG Emotions are OK

Knowing how to stay calm helps your heart.

Try to focus on to something else that makes you happy.



Can you find the 8 differences between the two pictures?

Point them out, circle them, or colour them.

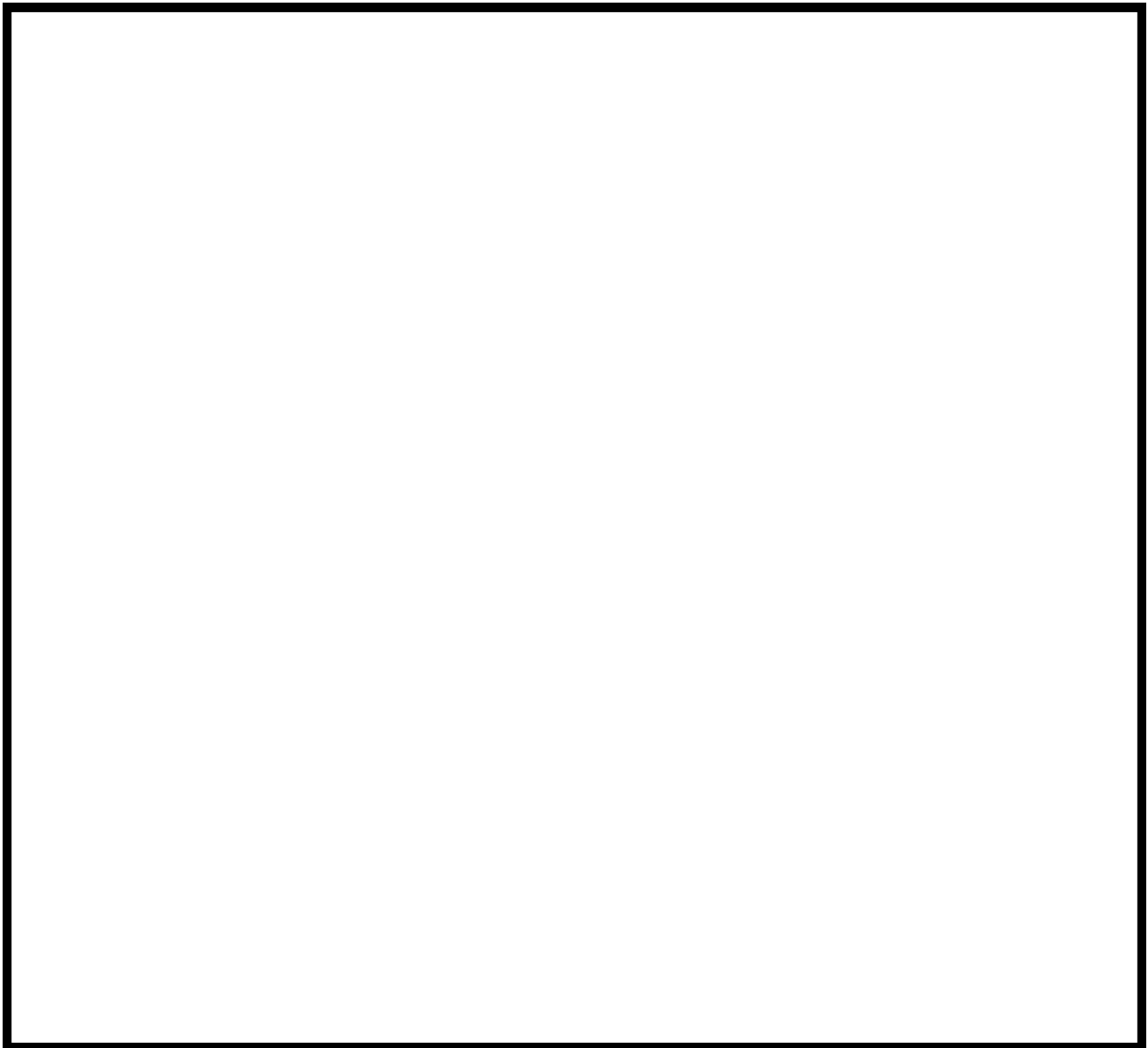


BIG Emotions are OK

Knowing how to stay calm helps your heart.

What Makes Your Heart Happy?

Draw something that makes you happy, or something you enjoy doing and want to do more often.



Examples: biking, laughing, friends, hugs, reading a book...



Moving Our Bodies Is Fun!

Why is Movement Awesome for Your Heart?



Movement makes your heart stronger — just like lifting weights makes your muscles stronger.

When you run, jump, or dance, your heart pumps faster to send oxygen to your body.



Move more now for a strong heart, more energy, better sleep, and strong bones as you grow.



Laughing helps your heart! It lowers stress and makes your heart happy.



Moving Our Bodies Is Fun!

What Happens To Your Heart Rate When You Move ...



SIT STILL

Sit quietly for 1 minute. Put two fingers on your wrist or neck to feel your pulse. Count how many beats you feel.

Ask an adult to count to 15 seconds while you take your pulse. and then to multiply your number by 4 to get beats per minute.



TIME TO MOVE IT!

Do 1 minute of jumping jacks, dancing, or skipping rope or run!.



FEEL AGAIN:

Right after moving, sit back down and check your pulse for 15 seconds.

Again ask an adult to help to count to 15 and to multiply by 4.

Compare your results!


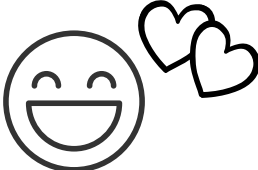

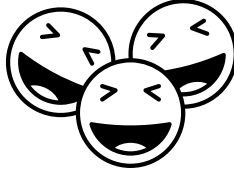

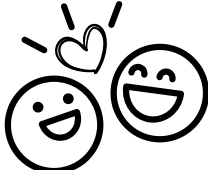

Why do you think your heart beats faster after moving?

Reason: Your muscles need more oxygen to keep working, like a car needs more gas to go fast. Your heart beats faster to pump more blood, which carries the oxygen your muscles need. This helps you keep running, jumping, or playing!



Moving Our Bodies Is Fun!

Goal: 60 minutes of active play or exercise every day!
 Colour in a smile when you reach your daily goal.

Day	Activities	Minutes	Goal Reached
SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRiDAY			
SATURDAY			

Notes for Parents & Educators:

Guideline: Children and youth should accumulate at least 60 minutes of moderate-to-vigorous activity daily. Encourage variety: aerobic play, muscle-strengthening (climbing, jumping), and bone-strengthening (running, skipping). Balance with adequate sleep and limited screen time as part of the 24-Hour Movement Guidelines.



Eating For A Happy Heart

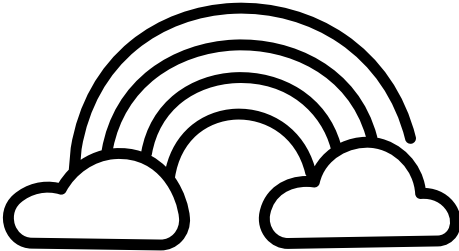


Make sure you enjoy your food at every meal



Spend time with other people when you eat

Have a rainbow of food on your plate



Get involved in making your food



Can you match the foods to the happy and unhappy hearts?

Plain Popcorn

Water

French Fries

Carrot Sticks

Baked Chicken

Chicken Fingers

Low Fat Milk

Whole Wheat Toast



Bacon

Soda Pop

Sweet Cereal

Pizza

Peanut Butter

Doughnuts

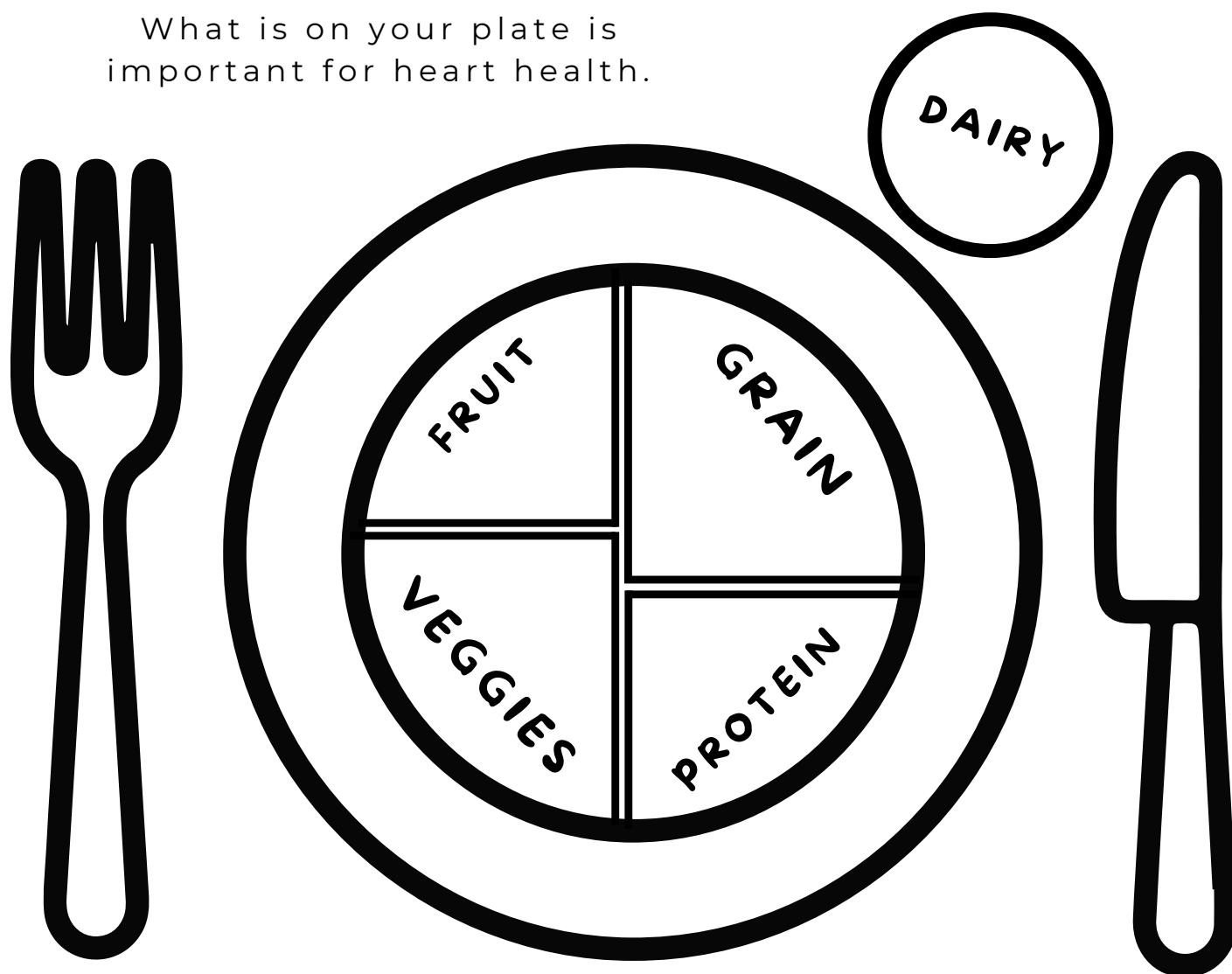
Oatmeal

Candy



Eating For A Happy Heart

What is on your plate is important for heart health.



COLOUR THE PLATE!

Draw or colour in the foods (next page) that make your heart strong. Use the guide below to fill your plate with rainbow foods:

- **Red foods:** strawberries, tomatoes, apples
- **Yellow foods:** bananas, corn, peppers
- **Green foods:** broccoli, cucumbers, grapes
- **Blue/Purple foods:** blueberries, eggplant, plums
- **Healthy proteins:** beans, chicken, fish, eggs
- **Whole grains:** brown rice, oats, whole-wheat bread
- **Dairy:** milk, yogurt, cheese

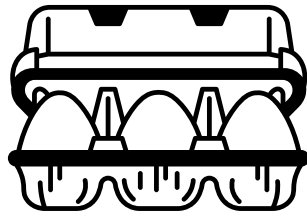
Draw a heart next to the food you want to try this week!



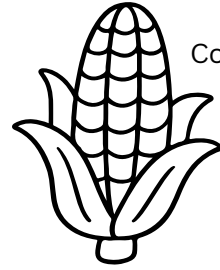
Eating For A Happy Heart



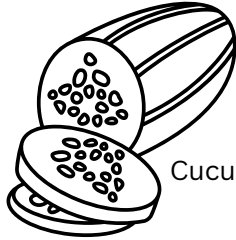
Strawberry



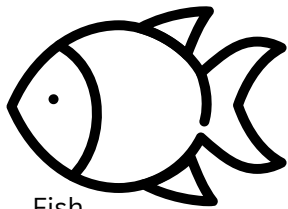
Eggs



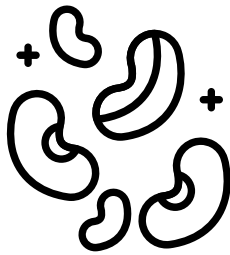
Corn



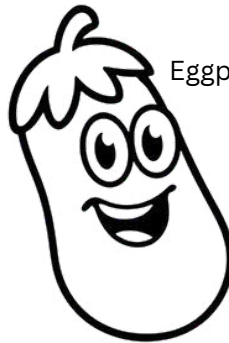
Cucumber



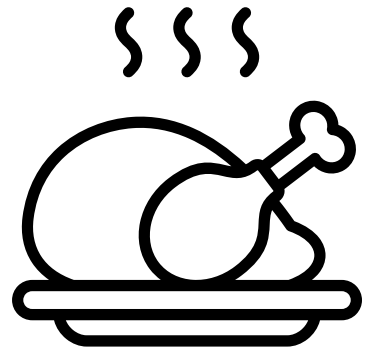
Fish



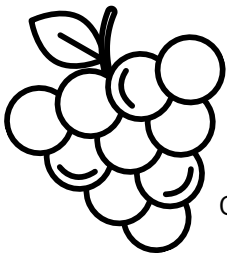
Beans



Eggplant



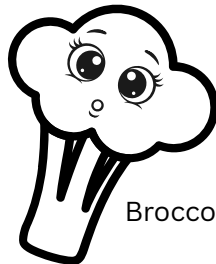
Chicken



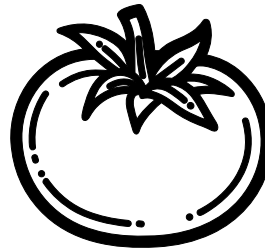
Green Grapes



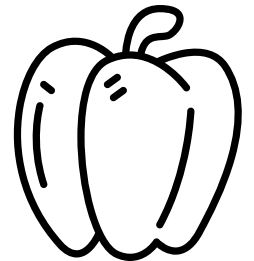
Blueberry



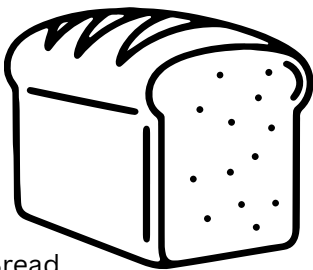
Broccoli



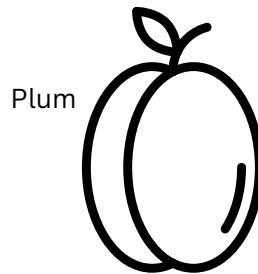
Tomato



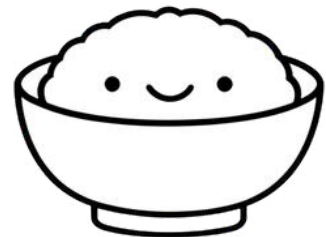
Pepper



Whole Wheat Bread



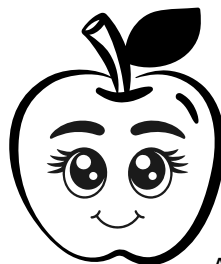
Plum



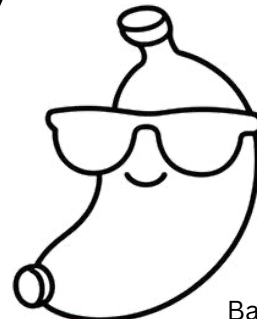
Brown Rice



Oatmeal



Apple

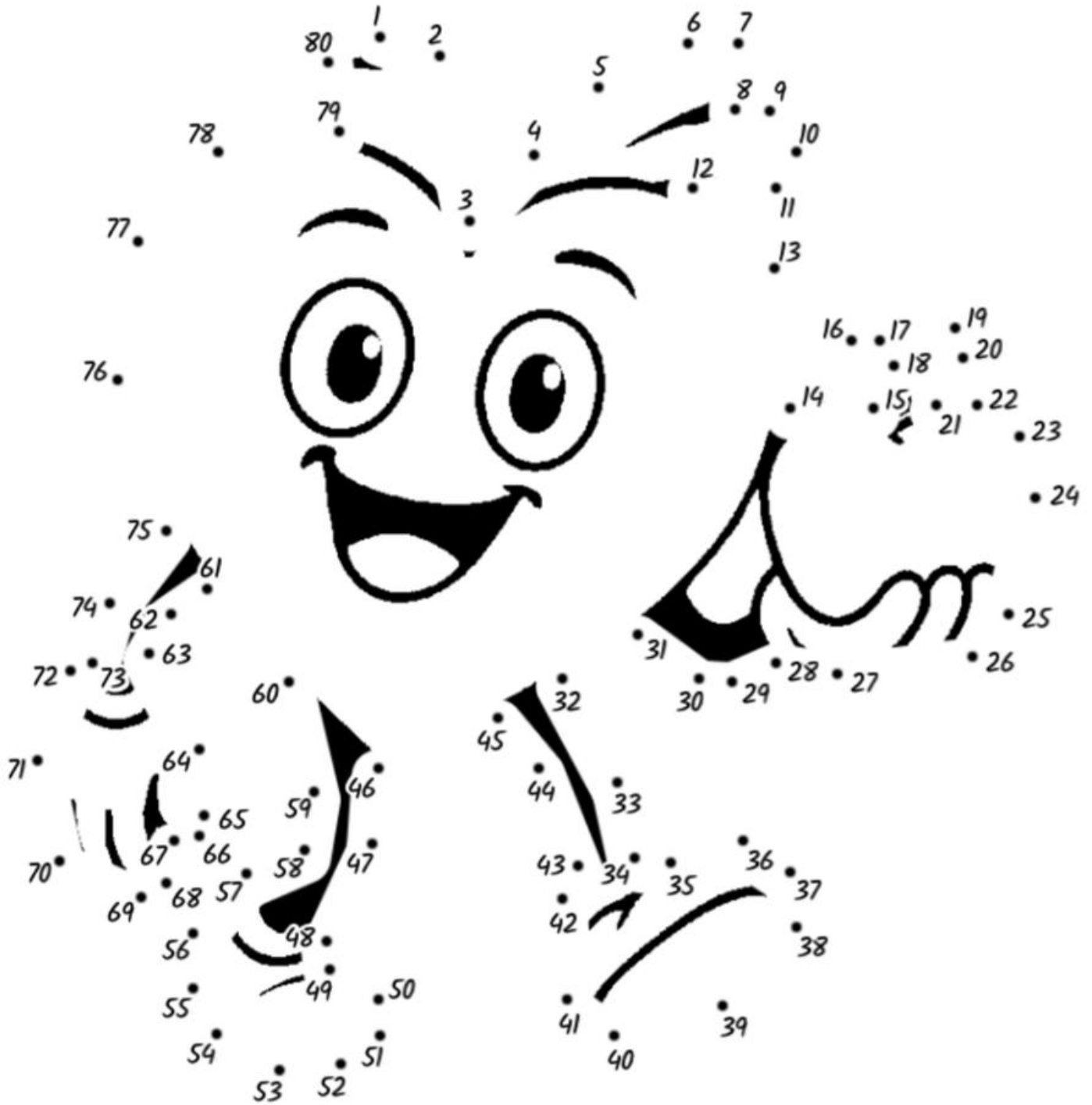


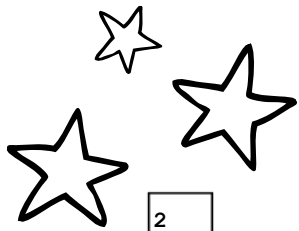
Banana



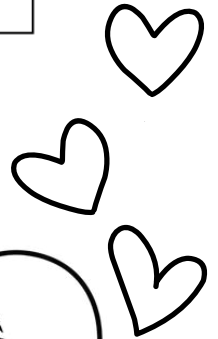
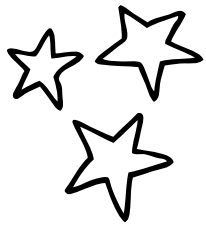
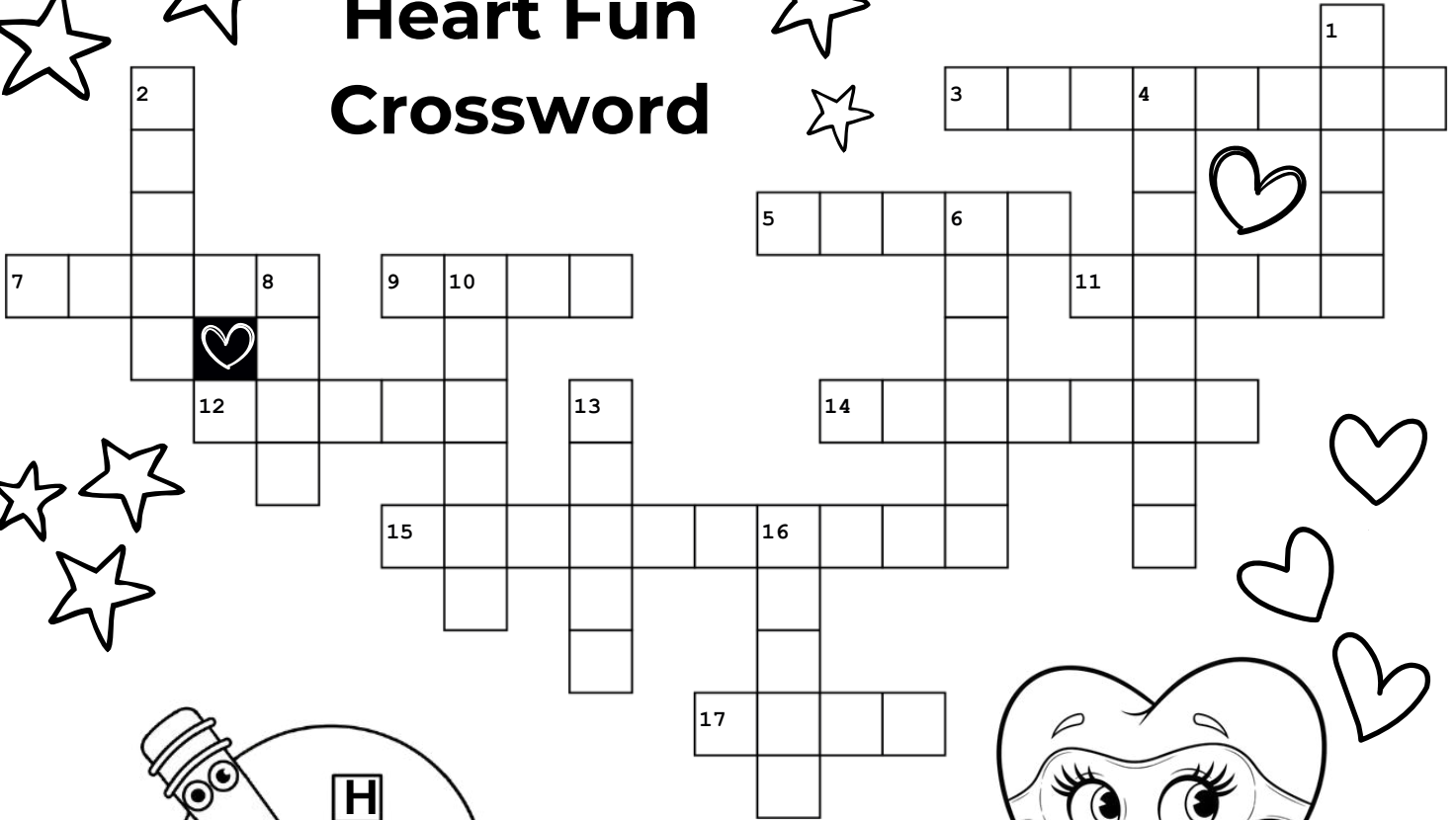
Eating For A Happy Heart

Follow the dots to complete the drawing.





Heart Fun Crossword



Across

- The heart has four of these
- When we get tickled or we hear a joke
- Yawn! Try to get 9 hours a night
- The heart shape is used to show this emotion
- What beats 115,000 times a day?
- Milk, yogurt and cheese are all this?
- This is a good source of protein (cluck)
- Fun to grow in your garden(eg: carrots and cucumber)
- Your heart is the size of your _____ .

Down

- Apple, banana, mango are examples of _____
- Our bodies are 60% this (hint: I am thirsty)
- Bike, run, dance, or walk the dog are all examples of this
- Part of a healthy plate (eg: whole wheat toast)
- The heart is shaped like an upside down what?
- The lungs put this in your blood
- Make sure to brush these morning and night
- The heart has 4 key friends: Lungs, Kidneys, Liver and ?



Heart Facts ...

1. Name 3 things you can do for your heart health:

T E V M O M N E _____ - bike, walk the dog, dance

E L T G E V B A S E _____ - and fruits

P E L E S _____ - at least 8 hours a night

2. Your heart beats 115,000 times a day !

TRUE OR FALSE



3. What does S-4-3-2-1 Stand For?











Positive u

4. The heart has 4 chambers:

UPPER CHAMBERS ARE CALLED _____

LOWER CHAMBERS ARE CALLED _____

5. The heart's best friends are Lungs, Brain, Kidneys and Liver
- They need each other to keep you strong and health!

TRUE OR FALSE



My Heart Promise

Now that you know how to keep your heart strong and healthy, what can you do for your heart?



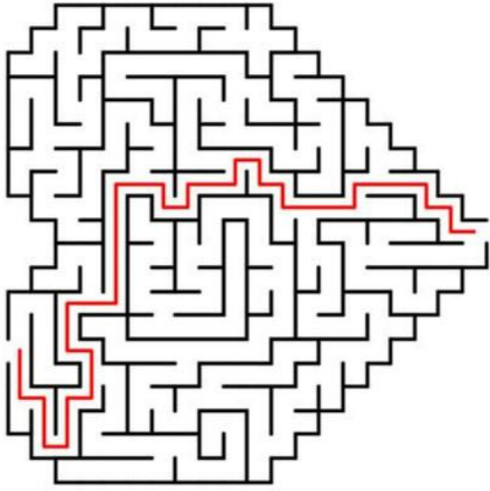
I Promise to ...



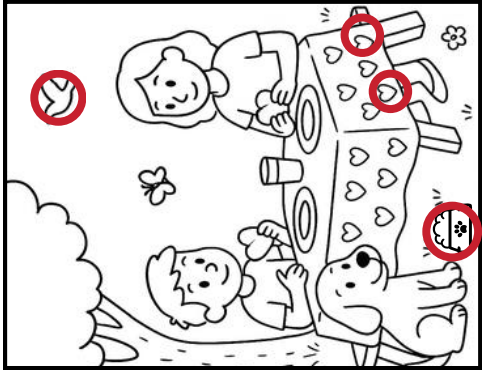
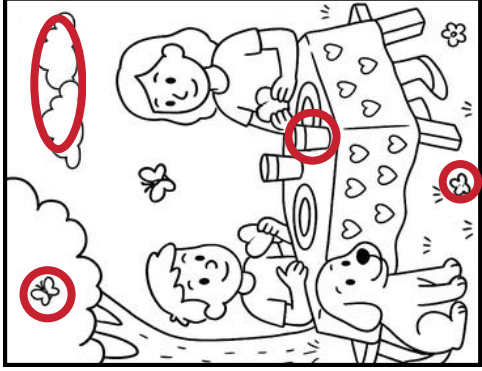


Answer Key

Can you help my friends through the maze?



Can you find the 8 differences between the two pictures?



HEART FUN CROSSWORD

Across

- 3. Chambers
- 5. Laugh
- 7. Sleep
- 9. Love
- 11. Heart
- 12. Dairy
- 14. Chicken
- 15. Vegetables
- 17. Fist

Down

- 1. Fruit
- 2. Water
- 4. Movement
- 6. Grains
- 8. Pear
- 10. Oxygen
- 13. Teeth
- 16. Brain

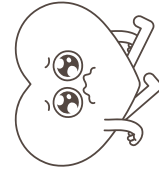
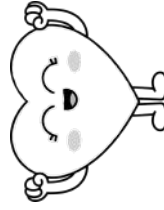


HEART WORD SEARCH

Can you find the words hidden in the puzzle?

D	L	K	E	O	X	Y	G	E	N	T	M	D	U
O	I	H	E	A	R	T	B	E	A	T	I	O	Q
K	C	H	A	M	B	E	R	S	B	D	D	N	D
H	R	O	Z	Y	W	Z	B	L	O	O	D	Z	A
L	G	N	A	T	R	I	A	T	A	W	L	A	R
J	P	E	A	R	E	G	Z	V	W	H	E	S	U
F	K	K	X	W	E	C	B	P	P	U	M	P	
D	F	B	I	G	O	M	R	Y	C	A	B	M	R
C	L	A	Z	D	G	J	L	I	V	E	R	Q	H
X	F	E	N	B	N	B	V	Y	S	I	S	U	G
X	L	U	N	G	S	E	R	Q	F	I	S	T	H
M	D	I	U	R	I	F	Y	A	O	E	H	Q	N
F	M	N	G	C	A	V	K	S	I	M	M	J	Y
L	V	E	N	T	R	I	C	L	E	N	I	K	A

EATING FOR A HAPPY HEART



- | | |
|-----------------|-------------------|
| PLAIN POPCORN | LOW FAT MILK |
| WATER | WHOLE WHEAT TOAST |
| CARROT STICKS | PEANUT BUTTER |
| BAKED CHICKEN | OATMEAL |
| FRENCH FRIES | SWEET CEREAL |
| CHICKEN FINGERS | PIZZA |
| BACON | DOUGHNUTS |
| SODA POP | CANDY |

Kids Activity booklet brought to you by:



HEART FACTS ...

1. MOVEMENT VEGETABLES SLEEP
2. TRUE
3. SEE 5 TOUCH 4 HEAR 3 SMELL 2 ME 1
4. UPPER = ATRIA LOWER = VENTRICLES
5. TRUE