Keep your heart healthy by eating healthy foods and participating in lots of active play.

Colour and label the heart with your name, get creative!

Cut it out and attach it to your shirt where your heart is. Hint: Your heart is located in your chest and slightly to the left.

Here are some examples of the word for heart in Indigenous languages:

- Blackfoot: Mósskitsipahp
- Atikamekw: Otehinan
- Cree: Miteh/Mitty