

# you & your heart

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/Mitiy**

