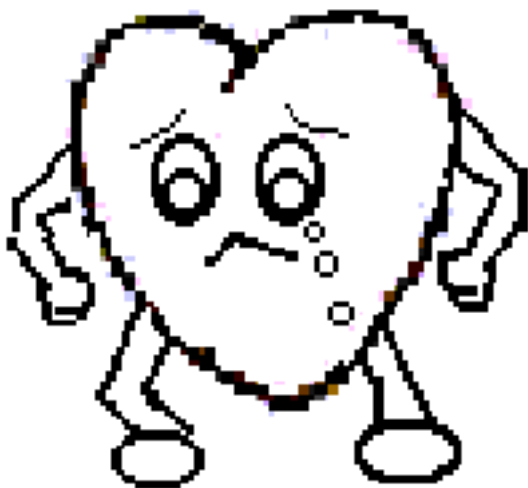


My Happy Healthy Heart Booklet

NAME: _____ Grade/Class: _____



Colour in "Happy Healthy Heart" in a bright red colour to show that he is fit and strong. Draw, write or stick pictures in the space below, to show some habits that help it keep fit and healthy.



Colour in "Sad Unhealthy Heart" in a grey colour to show that he is unwell and unfit. Draw, write or stick pictures in the space below, to show some habits that make it so unwell and tired.

Contact us via e-mail at pec@pecentral.org or mail to:

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