



Name _____

Date _____

HEART HERO MOVES

This active game for two or more players is good for the heart.

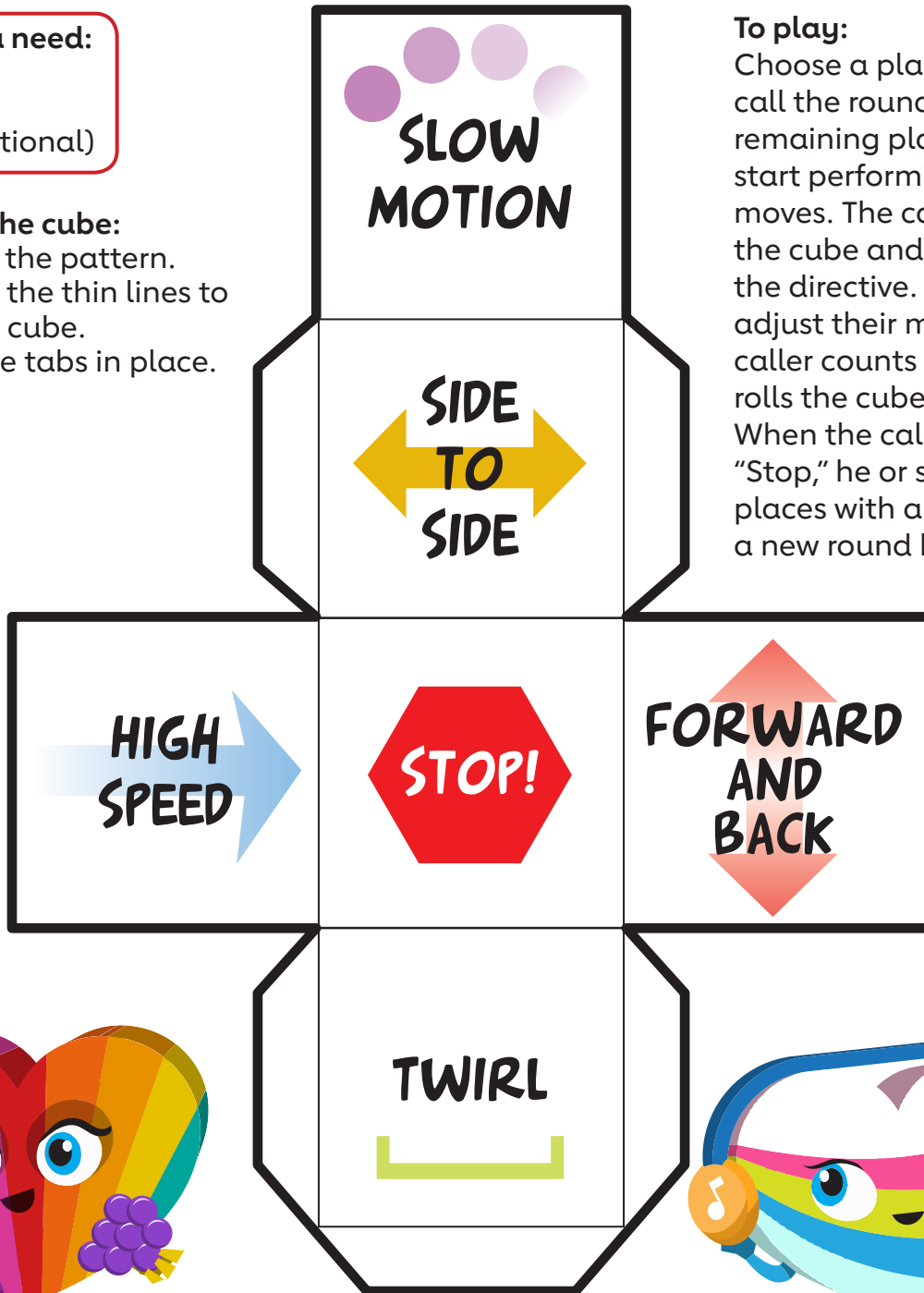
What you need:
 scissors
 glue
 music (optional)

To make the cube:

1. Cut out the pattern.
2. Fold on the thin lines to make a cube.
3. Glue the tabs in place.

To play:

Choose a player to call the round. The remaining players start performing dance moves. The caller rolls the cube and calls out the directive. The dancers adjust their moves. The caller counts to five and rolls the cube again. When the caller rolls "Stop," he or she trades places with a dancer and a new round begins.



Get your body moving and your heart pumping.



American Heart Association.

