Happy Heart...

How many words can you make out of the letters (H) (E) (A) (R) (T)

How many words can you make using the letters **once** only?

How many **more** words can you make using the letters **as many times** as you want?

Heart Quiz

All of the words below can be made out of the letters H, E, A, R and T. (In some words the letters are used more than once.)

The name of our planet.....

A hot drink made with leaves.....

To rip cloth or paper.....

Used to make roads.....

What you do with your ears.....

A place where plays are performed.....

A lucky plant. Also a girl's name.....

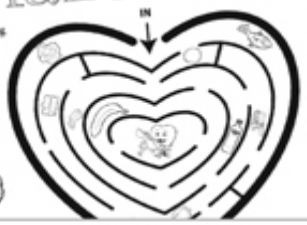
Fast animal that lost a race with a tortoise.....

Like a mouse, but larger.....

Keeps the room warm.....

Heart Maze

Can you find a path through the maze, picking up the Healthy Heart food on the way? You're not allowed to pass through any part of the maze more than once!

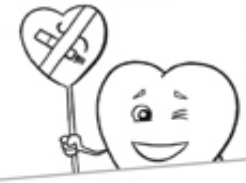


Heart Broken

Can you join the broken hearts together?

Heart Squares

Use these clues to find lots of words for fresh, smoke-free air.



CLUES ACROSS

2 GAPS Catch your breath

4 BELTER Gentle wind

6 ABCHURNE Yankee wind

8 NAF Makes cool air flow

9 GUTS Blast of wind

12 BEHEART

You do this about 20,000 times a day

CLUES DOWN

1 GLEA Strong wind

3 HOTDRAG

Heart Search

You don't have to be great at sport to be really fit. Do something really energetic for at least an hour five times a week. Here are some ideas. Can you find them in the word square?

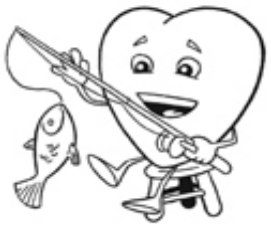
G	S	W	I	M	S	C	O	O	T	U	P	
S	T	Z	S	T	K	E	T	C	H	O	L	
W	N	S	P	R	I	N	T	Y	H	C	K	
J	S	I	O	A	N	C	S	E	K	S	S	
N	E	R	K	I	N	Y	C	C	A	I	K	
G	O	I	R	S	I	N	J	W	W	M	A	
K	O	K	R	J	U	K	N	O	S	B	T	
P	T	E	G	O	B	C	S	L	K	R	E	
J	L	G	B	B	A	R	E	I	G	M		
	G	X	C	A	T	C	R	A	P	W	O	

BAT
BIKE
BOUNCE
CLIMB
CRAWL
DANCE
DIVE
HIKE
HOP
JOG
JUMP
KICK
LEAP
MOVE
PLAY
RACE
ROW
RUN
SHOOT
SKATE
SKIP
SCOOT

Heart Food

Can you name some healthy foods that are good for your heart?

Can you name some healthy drinks?



Heart Letters

Your HEART is a MUSCLE about the size of your FIST.

It is a powerful PUMP that pushes BLOOD round your BODY through narrow blood VESSELS.

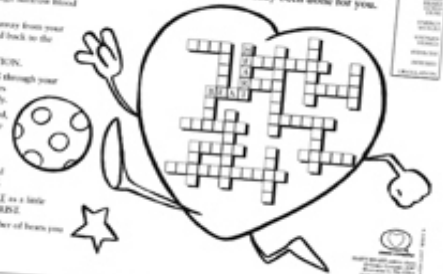
ARTERIES carry blood away from your heart. VEINS bring blood back to the heart again.

This is called CIRCULATION.

You breathe in OXYGEN through your LUNGS. Blood then carries it to every cell in your body.

Whenever you WORK hard, play active GAMES or take EXERCISE, you breathe faster and deeper. Your heart beats faster too. This is because your muscles need more oxygen and ENERGY.

You can feel your heart BEAT as a little throbbing PULSE in your WRIST.

Your heart RATE is the number of beats you can feel in one minute.

Can you fit all the CAPITAL LETTERS into the grid? HEART and BEAT have already been done for you.