



Love Your Heart Word Game

Closing Activity

Goal:

to have fun with heart-healthy words

Materials:

Printed Word Cards (see page 2; choose the words appropriate for your group)

Drawing surface (large paper flipchart, dry erase board, chalkboard)

Markers or chalk

Timer

Rules:

1. Decide if you want to play as a team competition or as one total group.
If you decide to have a competition, divide into two equal-size teams. Choose which team will go first (flip a coin). For a total group, ask for a volunteer to be the first illustrator.
2. Read Rules #3 to #6 to the group so everyone knows how to play.
3. The first illustrator draws a card from the Word Card deck.
4. Turn on the timer for 1 minute. The illustrator begins to draw the word and have their group/team members guess the word. Illustrators cannot speak or use physical actions to give hints. They cannot use letters or numbers, only drawing.
5. If the team guesses the word within 1 minute, the team earns a point.
6. Teams or illustrators take turns until you either run out of words or time.



Word Cards			
Weight Loss	Diabetes	Heart Attack	Arteries
Family History	Moderation	Cholesterol	Low-fat
Blood pressure	Hypertension	Quit Smoking	Heart attack symptoms
Body Mass Index	AED (Automated External Defibrillator)	CPR (Cardiopulmonary Resuscitation)	Low-sodium
Aspirin	Risk Factors	Call 9-1-1	Waist measurement
Silent Killer	Saturated Fats	Stress Reduction	Brushing and flossing teeth
Exercise	Angina	Blood sugar (or blood glucose)	Healthy diet