



# 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.

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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