

What do I need?

Printed copy of page 2

Cardboard

Scissors

Glue

Autumn leaves*

*Try looking for red and orange coloured leaves as they will look best for your heart collage!



leaf heart collage

What do I do?

Cut out the heart template on page 2. Trace it onto your cardboard then cut that out too. Glue leaves onto your cardboard heart to create an autumnal collage.

Use your scissors to trim the leaves around the edges of the cardboard to keep the heart shape.

Once you've finished your leaf heart, put it on display to remind you and others to look after your hearts!

What is World Heart Day?

We have created this activity in honour of World Heart Day, but what is it?

Celebrated every year on 29 September, World Heart Day is a global campaign inspiring people, families and communities to take charge of their own health.

It was set up in 2000 by the World Heart Federation to raise awareness of cardiovascular diseases such as heart disease and stroke. These account for a large number of deaths each year.

World Heart Day teaches people that they can lower their risk of cardiovascular diseases by living a healthier lifestyle, such as by not smoking, eating a balanced diet, and by taking regular exercise.

