**Design a Poster Quick Activity**

Have students work individually, in pairs or in small groups to create a poster that encourages others to take care of their hearts for the sake of their health. Suggest that students think of a slogan or other phrase to use on the poster.

Distribute poster board and allow students time to plan and complete their work. After the posters are created, arrange for a place where they can be displayed, perhaps in school hallways or in the lunchroom.