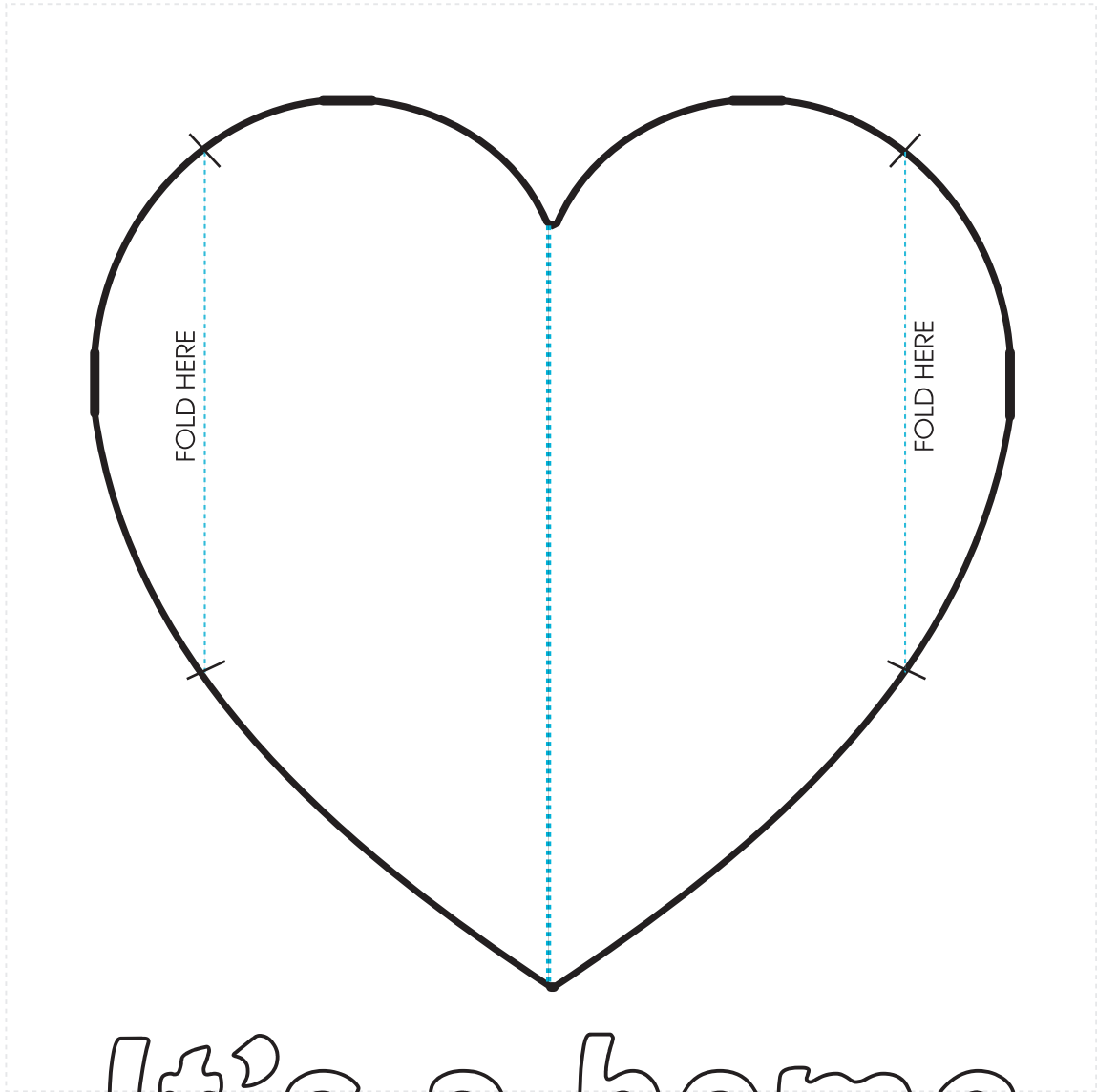


ACTIVITY SHEET 2A - Use with Activity Sheet 2B

Memory Text: *Proverbs 4:23 - Above all else, guard your heart for it is the wellspring of life.*

Guard your heart.

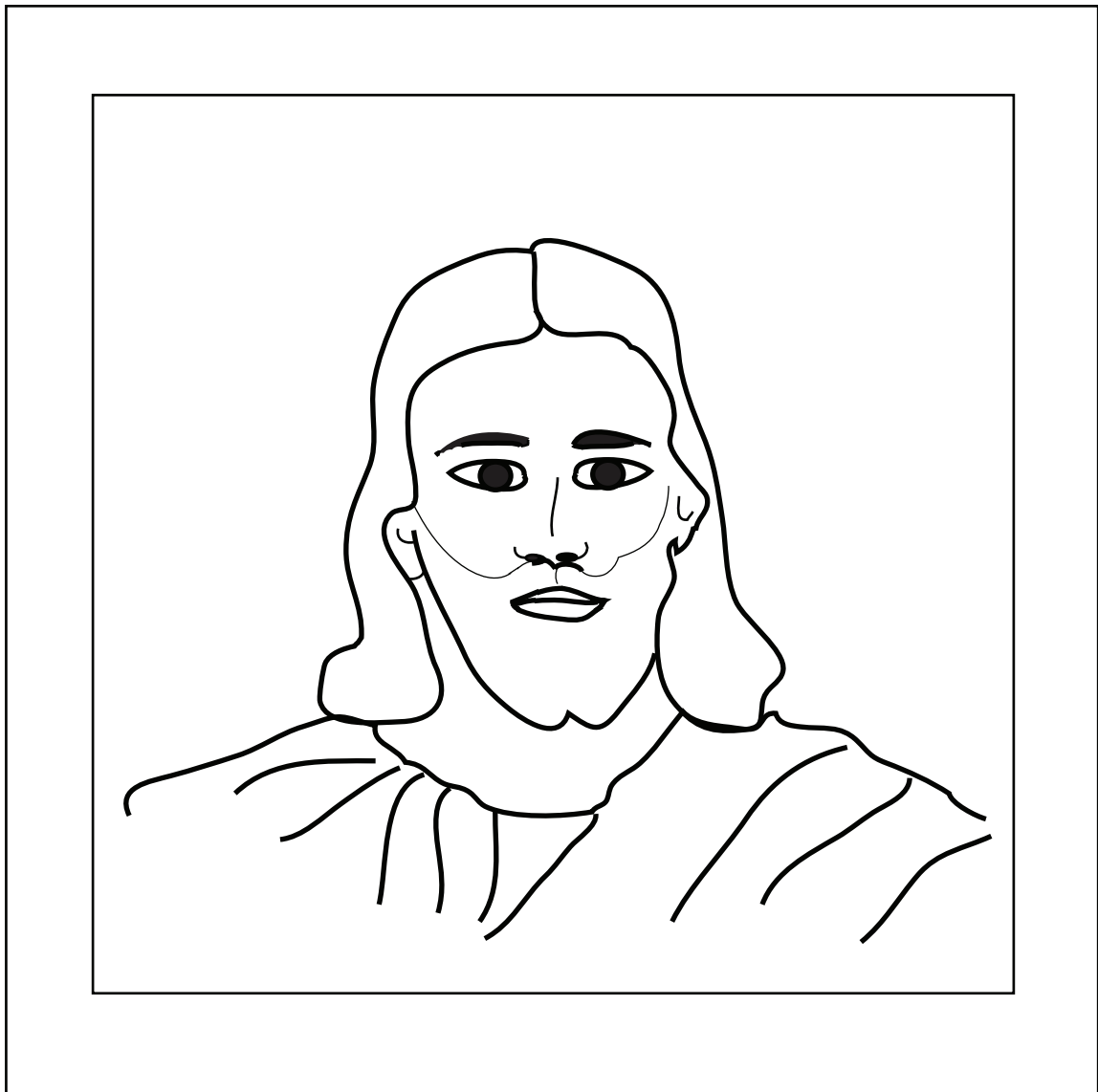


It's a home for Jesus!

ACTIVITY SHEET 2B - Use with Activity Sheet 2A

Colour both activity sheets. On Sheet A Cut down the dotted line at the centre of the heart and then around the outline of the heart to the fold line at the top left and also to the fold line on the top right. Then cut from the fold line at the bottom left to the fold line on the bottom right. Open the heart by folding back on fold lines.

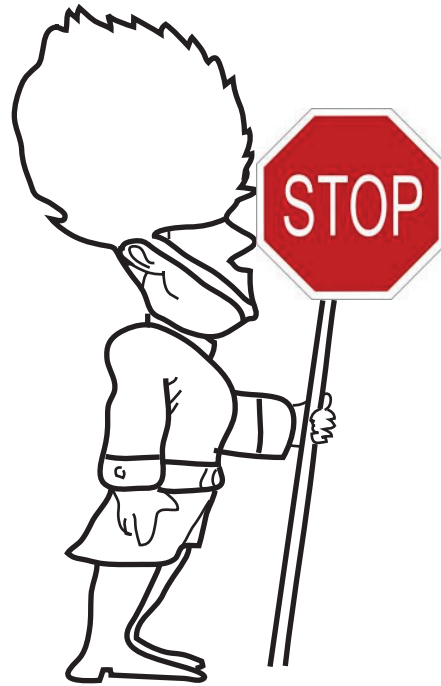
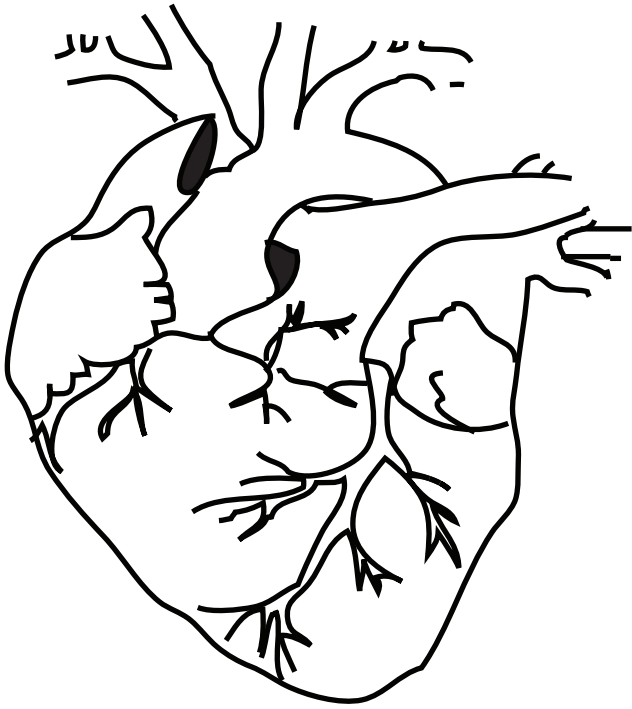
Cut out the picture below on the outside line and apply glue to the space between the outside and the inside square. Glue the picture behind the heart (faint dotted lines on Sheet A indicate the correct position.) Glue may also be applied to the underside of the top pointy part of the heart, to ensure that it does not tear.



ACTIVITY SHEET 3

Memory Text: Proverbs 4:23 - Above all else, guard your heart for it is the wellspring of life.

Guard Your Heart!



Unscramble the things that cause damage to the heart and match to the picture. ● Then write the numbers on the line under the scrambled words to indicate the damage that it may cause. (There may be more than one answer.)

maatpemhnise (desep) ●



1. raises blood pressure

feafcnie ●



2. enlarges the heart

acecino ●



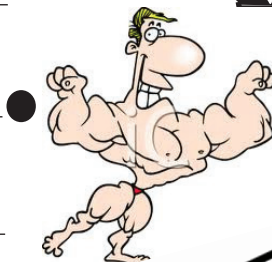
3. increased heart/pulse rate

eiinntoc ●



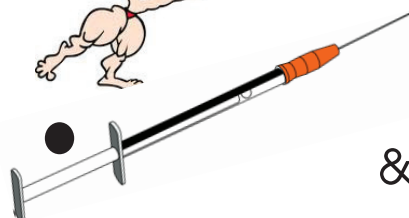
4. ruptured blood vessels

rihone ●



5. greater risk of heart attack/stroke

disrotse ●



6. coronary artery disease

7. arterial ulcerations
& inflammation of valves/lining