

## Go Red Activity Page

Once you download and start looking at your age-level Go Red booklet, you may notice that some steps ask you to go to the Go Red Activity Page to complete activities. This page has numerous activities, so feel free to try them all and learn even more about heart health!

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### Resources to Help Girls Complete the *Go Red Patch*

- Love Your Heart Journal (courtesy of Go Red Girl Scouts, UW Hospital and Clinics)
    - [Daisy/Brownie](#)
    - [Junior](#)
  - [Kids Activity Pyramid](#)
  - [Go Red Postcard](#)
  - [Heart Songs](#)
  - [Jump Rope for Heart](#)
  - [Hoops for Heart](#)
  - [Nutrition Flashcards](#)
  - [Healthy Challenge Scavenger Hunt](#)
  - [American Heart Association Heart Check Up](#)
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### Just For Fun! Games and Trivia

- [National Geographic Quiz](#) – How Heart Smart Are You?
- [Kids Health Quiz](#)
- [Education World Activity Ideas](#)
- [Better If Healthy Word Search](#)
- [Keys for Healthy Living Decoding Puzzle](#)