



[NHLBI-National Heart, Blood and Lung Institute](#)

Here you will find information about heart disease, the importance of social support for reaching heart health goals, educational materials to use in your community, social media resources, and more.

[American Heart Association](#)

https://www.cdc.gov/heartdisease/american_heart_month.htm

Children

Take & Make:

Decide on any of the STEAM Heart Activities or Heart Crafts.

Read:

Adams, Jennifer (2018), **How do I love thee?** Balzer & Bray, 978-0062394446

Byers, Grace (2018), **I am Enough**, Balzer & Bray, 978-0062667120 *Loving Yourself!*

Spinelli, Eileen (1996), **Somebody Loves You, Mr. Hatch**, Simon and Schuster Books for Young Readers, 978-0689718724 *Reaching out to others.*

Witek, Jo (2014), **In My Heart: A Book of Feelings**, Abrams Appleseed, 978-1419713101 *Explore the emotions.*

Watch:

[I Love You ASL Poem](#)

Song/Game:

[I Have a Little Heart - JBrary](#)

Activity:

[Stem Heart Activities](#)

[Easy Heart Crafts](#)

Teen/Adult

Take & Make:

Put together a Heart Healthy dish or snack--distribute some of the ingredients--meet on zoom to cook and eat together. [American Heart association recipes.](#)

Program Ideas:

- Host a blood drive at your library--American Red Cross.
- Partner with a local health organization to offer a virtual program on heart healthcare or blood pressure management. Do you know the symptoms of a stroke?
- Host a Heart Healthy Family Day (this can be done virtually!) For program ideas see what the [Free Library of Philadelphia](#) did a few years ago.