

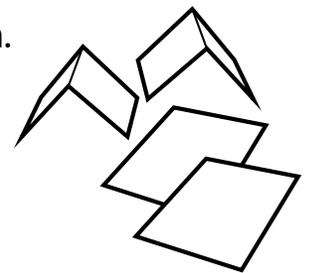
# Heart Cake Tower

How quickly or slowly your heart beats is connected to the intensity of your emotions. When you feel angry, stressed, frustrated, or even excited, your heart beats faster. This is your body's way of preparing itself to deal with intense or difficult situations. When you feel calm and relaxed, your heart rate slows down, and so does the intensity of your emotions.

Get to know your emotions and heart rate by building this Heart Cake Tower. Work together to create a precarious cake by stacking Hot Cakes and Cool Icing. Explore your Red and Blue zones with different challenges. Does your heart rate change how you play the game? How high can you go?

## Setup

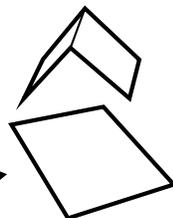
- Cut out all the pieces. Fold the 'red' pieces in half on the dotted line.
- Place each piece icing and cake side up, word side down.



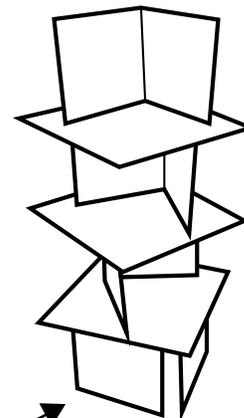
## How to Play

- Have the youngest player pick a piece and complete its challenge. Then place the piece on a flat surface to start the cake.
- Players take turns picking, completing challenges, and layering pieces on top of one another, slowly building a cake tower.
- Keep placing pieces until they are all used up or the tower topples!

Pick a piece and complete  
it's challenge



Add your piece to  
the cake tower



<p>Close your eyes and name the quietest sound you hear.</p>	<p><b>Wild Card</b> Choose your own way to get into the blue.</p>	<p>Do your favorite stretch.</p>		
<p>Close your eyes and relax your arms for 6 seconds.</p>	<p>Cross your arms on your chest and take a deep breath.</p>	<p>Tense your whole body then relax it.</p>		
<p>Clap your hands 10 times as fast as you can.</p>	<p>Do 3 jumping jacks. <b>Reverse turn direction</b></p>	<p>Think of something that gets you into the <b>red</b>.</p>	<p>Jump up and down 10 times.</p>	<p>Make an angry face for 10 seconds.</p>
<p>Run in place for 10 seconds.</p>	<p>Name the last time you were in the red zone.</p>	<p><b>Wild Card</b> Choose your own way to get into the red.</p>	<p>Use the hand you don't write with to place this piece.</p>	<p>Shut one eye while placing this piece.</p>

Cut on solid lines



Fold on dashed lines