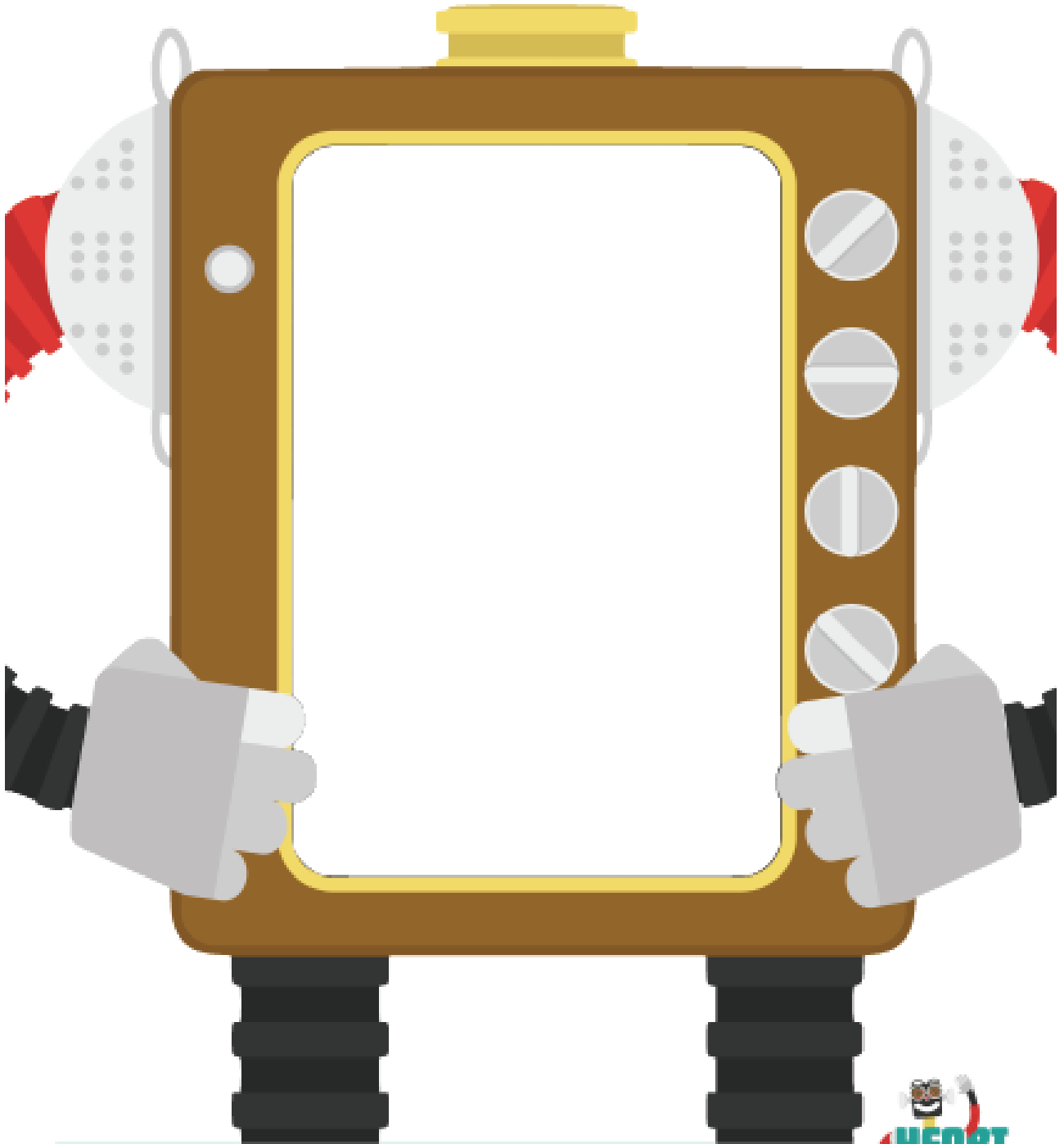


*Too Much Selfie Isn't Healthy:*

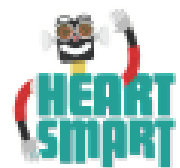
*HeartSmart At Home: Boris' Unselfie Challenge*

*Our Family Challenge:*

*How can we be more "Unselfie"?*



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Work together to make a list of ideas for being “unselfie” at home? How can you show love to people in your family? What acts of kindness could you try to show that you are thinking of people other than yourself? Write your ideas in Boris’ tummy and display your poster somewhere that you can all see it each day.