The Heart

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HEART
Supplemental Lessons & Activities

Kindergarten

Introduction This lesson will introduce kindergarten students to their heart, its functions, and why it is so important to keep it healthy.

Introduction: Tell the children the following narrative:

“Did you give your friends valentines and little heart-shaped candies on Valentine’s Day? Do you ever cross your heart when making a promise that you really, really mean? Or turn on the radio to hear a guy singing about his broken heart? We see and hear about hearts everywhere. A long time ago, people even thought that their emotions came from their hearts, maybe because the heart beats faster when a person is scared or excited. Now we know that emotions come from the brain, and in this case, the brain tells the heart to speed up. So what’s the heart up to, then? How does it keep busy? What does it look like? Let’s find out.”

Show the accompanying picture of the heart – compare to a valentine heart – ask the children what the differences are?

Pass out copies of the story “I Love My Heart” Read aloud to the children

Next talk about the functions of the heart –
* How blood moves to and from the heart
* Circulation (have the children repeat the word. Ask –does your blood just slosh around in your body – how does it move around the body?

Next – How can we keep our heart happy?

Exercise!! Be active every day!
Eat lots of fruits, vegetables, and whole grains
Don’t Smoke – it can damage your heart

Put in the “You’ve Gotta Move” DVD amd play “The Heart” song – students follow along with the movements.

Finally – ask all the children to put their hand over their heart – can you feel the LUB-DUB?
HEART
Supplemental Lessons & Activities

1st Grade

Introduce: talk about the functions of the heart –
* How blood moves to and from the heart
* Circulation (have the children repeat the word). Ask –does your blood just slosh around in your body – how does it move around the body?

Pose these questions to students:
What does the heart do?
What can we do to take care of our heart?
What foods are good for the heart?
What foods are bad for the heart?

Put in the You’ve Gotta Move DVD and play “The Heart” song – students follow along with the movements.

Activity: Handout the Heart Puzzle Worksheet – have students fill in the pieces of the puzzle with a heart healthy food from each of the 5 food groups. Color in the background with the corresponding colors.

Discuss student artwork

Activity: Good Foods Collage – Have students cut out their food pictures from the heart puzzle and then assemble into one big classroom good foods collage, be sure to group cut-outs into the different food groups.

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Supplemental Lessons & Activities

2nd Grade

Introduction – use this segment and accompanying lesson to teach children about the effects of exercise on your heart.

Activity: You will need a stopwatch or an egg timer for this activity. Group students into pairs. Show students how they can feel their pulse on their wrist. Set the timer for one minute and have students count the number of pulses of their partner. Then switch and do the same for the other partners. Have students chart this information.

Put in the “You’ve Gotta Move” DVD and play “The Heart” song and have students dance along with the video.

After students finish the video – set the timer again to one minute and have the same students partner up to count the pulses – chart this information and discover the differences in the numbers.

Explain that the heart is beating faster to pump more blood and oxygen to the muscles after exercise.
Science
1. Develop an understanding that living and non-living things have identifiable characteristics.
   e. Classify objects as living or non-living based on characteristics.
3. Explore proper nutrition and the relationship to personal hygiene.
6. Collect, organize and interpret data.

Language Arts
1. The student will use word recognition and vocabulary (word meaning) skills to communicate.
   a. The student will apply knowledge of concepts about print.
      1) Demonstrate an understanding of correct book orientation by holding the book correctly and indicating where to begin reading (e.g., front to back, top to bottom, left to right).
      2) Demonstrate that print carries meaning for the reader.
      3) Identify front cover, back cover, and title page of a book.
      4) Point to words in a text when reading aloud, matching spoken words to print.
      5) Track words from left to right and top to bottom on a printed page.
      6) Recognize that sentences in print are made up of separate words.
      7) Distinguish letters from words.
      8) Distinguish between uppercase and lowercase letters.
   b. The student will apply knowledge of phonological and phonemic awareness.
   c. The student will use word recognition skills.
   e. The student will develop and apply knowledge of words and word meanings to communicate.
   g. The student will use pictures and context to understand the meaning of a word.
2. The student will apply strategies and skills to comprehend, respond to, interpret, or evaluate a variety of texts of increasing levels of length, difficulty, and complexity.
   a. The student will use text features, parts of a book, text structures, and genres to analyze text.
   b. The student will understand and make simple inferences about text.
   c. The student will recognize or generate an appropriate summary or paraphrase of the events or ideas in text.
   d. The student will respond to narrative and informational texts in a variety of ways that reflect understanding and interpretation.
3. The student will express, communicate, evaluate, or exchange ideas effectively.
HEART
Supplemental Lessons & Activities

Mississippi Department of Education
Curriculum Competencies and Objectives Achieved

1st Grade

Science
1. Explore the basic patterns of living systems.
d. Identify major organs of the human body such as the heart, lungs, brain, intestines, and stomach.

Mathematics
3. Identify and classify properties of two- and three-dimensional shapes.
5. Collect, organize, and interpret data in graphical form.
a. Gather data, construct, and interpret simple bar graphs and pictographs.
b. Analyze and interpret data by using mathematical language such as more than, less than, etc.

2nd Grade

Mathematics
2. Analyze patterns, numbers, relationships, and functions.
a. Explain, analyze, and extend repeating and growing patterns.
c. Model situations and solve equations that involve the addition and subtraction of whole numbers.
4. Estimate, identify, and apply measurable attributes.
a. Select appropriate tools and units, estimate, and measure length (to the nearest inch, foot, yard, centimeter, and meter), capacity (to the nearest ounce, cup, pint, quart, gallon, and liter), and weight (to the nearest ounce, pound, gram, and kilogram).
b. Read and write time to the hour, half-hour, quarter-hour, and five-minute intervals using digital and analog clocks.
5. Organize and interpret data in graphical form.
a. Tally, record, interpret, and predict outcomes based on given information.
b. Create line graphs, bar graphs, and pictographs using real data.
THE HEART SONG

LUB-DUB!
LUB-DUB!
LUB-DUB!
LUB-DUB!
LUB-DUB!
LUB-DUB!
LUB-DUB!
LUB-DUB!
LUB-DUB!
LUB-DUB!

IT’S ABOUT THE SIZE
OF AN AVERAGE FIST
AND IT BEAT-BEAT-BEATS LIKE A DRUM
DO YOU REALIZE
THAT WE CAN’T EXIST
WITHOUT IT? – AND I’LL TELL YA HOW COME.

THE HEART – IS BASICALLY YOUR CORE...
SURE IT KEEPS BLOOD FLOWING – OH BUT SO MUCH MORE --

IT TAKES A HEALTHY HEART TO TOUCH THE SKY
TO WINK AN EYE OR SCRATCH YOUR NOSE.
IT TAKES A HEALTHY HEART TO WAVE GOODBYE
A HEALTHY HEART TO TOUCH YOUR TOES.
LUB-DUB!
LUB-DUB!
LUB-DUB!
LUB-DUB!
LUB-DUB!
LUB-DUB!
LUB-DUB!
LUB-DUB!
LUB-DUB!

WHEN I MOVE AND STRETCH
WHEN I TWIST AND BEND
I CAN FEEL THAT IT’S PUMPING INSIDE
WHEN I TOSS AND FETCH
WHEN MY ARMS EXTEND
PRETENDING I’M A PLANE IN A GLIDE.

THE MOST - IMPORTANT PART OF ME...
IS THE LUB-DUB-DUBBING AT THE HEART OF ME –

IT TAKES A HEALTHY HEART TO CELEBRATE
TO SHIFT YOUR WEIGHT OR BEND YOUR KNEES
IT TAKES A HEALTHY HEART TO ROLLER SKATE
A HEALTHY HEART TO MOVE WITH EASE.

IT TAKES A HEALTHY HEART TO STAND UP TALL
TO CLIMB A WALL OR RUN IN PLACE
IT TAKES A HEALTHY HEART TO THROW A BALL
A HEALTHY HEART TO WIN THE RACE.
THE HEART SONG
(cont’d)

IT TAKES A HEALTHY HEART TO LIVE WITH ZEST
TO PASS A TEST OR TIE YOUR SHOE
IT TAKES A HEALTHY HEART TO DO YOUR BEST
SO DO YOUR BEST FOR ONE SO TRUE...
THAT LOVING HEART INSIDE OF YOU!

IT TAKES A HEALTHY HEART
IT TAKES A HEALTHY HEART
IT TAKES A HEALTHY HEART
IT TAKES A HEALTHY HEART
IT TAKES A HEALTHY HEART
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LUB-DUB!
LUB-DUB!

Lyrics by Michael Earl - Music by Randy Klein

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It is very important to keep your heart healthy by eating foods that are good for you, like fruits and vegetables and exercising every day.

When you exercise your muscles they get stronger, right? Well, your heart is a muscle and it needs exercise too!

Your heart is always working to take care of you, so you should always take care of your heart!
I love my heart!

Put your hand over your chest; can you hear the lub, dub, lub, dub? That is your heart!

But what does that lub dub sound mean? It means your heart is working to pump blood all over your body.

Flex your arm; can you feel your muscles?

Your heart is a muscle too, but you can’t make it pump, it does that all by itself. Your heart is always pumping blood in tubes called blood vessels, to carry oxygen to the rest of your body. Your body needs oxygen.

Jump up and down. Now put your hand over your heart again; did the lub dub speed up? The more active you are the more your heart pumps!
THE HEART PUZZLE

Directions: draw a picture of a food from each of the 5 food groups in the sections of the heart. Color the Background of the sections with the color from the food pyramid.