Smile for Physical Activity Quick Activity

Give each child two heart shapes and a tongue depressor or frozen dessert stick. Have children draw a happy face on one heart shape and a sad face on the other. Help them use paste or glue to attach both faces to the stick on opposite sides. As they say the rhyme, children can show the happy or sad face.

When I sit around too much, my heart is sad.
When I move around enough, my heart is glad.

Invite children to take turns showing the happy face on their puppets and telling about the physical activities that they like to do.

Smile for Physical Activity Quick Activity (Spanish)

A movernos, ¡qué alegría!

Give each child two heart shapes and a tongue depressor or frozen dessert stick. Have children draw a happy face on one heart shape and a sad face on the other. *Dibujen una cara alegre en uno de los corazones y una cara triste en el otro.* Help them use paste or glue to attach both faces to the stick on opposite sides. *Con el pegamento, peguen una cara en cada lado de la paleta.* As they say the rhyme, children can show the happy or sad face. *Vamos a recitar una rima y a mostrar la cara alegre o la cara triste, según lo que digamos.*

*Si estoy muy inactivo, triste está mi corazón.*
*Si estoy bastante activo, alegre está mi corazón.*

When I sit around too much, my heart is sad.
When I move around enough, my heart is glad.

Invite children to take turns showing the happy face on their puppets and telling about the physical activities that they like to do. *Por turnos, muestren a los demás la carita alegre de su títere y cuenten qué actividades físicas les gusta hacer.*