How Hard Is Your Heart Working? Lesson Idea

Objective

- Learn that the heart needs to work hard and rest.

Explore

1. Begin this activity after children have been doing something quiet. Explain that when a person exercises, the heart beats faster as it works harder to pump blood throughout the body. Remind children that they can tell how fast their hearts are pumping blood by feeling their pulses. Assist children as necessary.

2. Invite children to sing and act out the song "Hokey-Pokey." Have children stand in a circle and sing. Verses include putting in the left arm, right arm, left foot, right foot, both arms and whole self. When children have finished the song, have them feel the pulses in their necks again. Ask them what they notice about their pulses and help them conclude that their pulses got faster because their hearts were beating faster after they did physical activities. Ask children to name other activities that make their hearts work harder.

How Hard Is Your Heart Working? Lesson Idea (Spanish)

¿Cuánto trabaja tu corazón?

Objective

- Learn that the heart needs to work hard and rest.

Explore

1. Begin this activity after children have been doing something quiet. Explain that when a person exercises, the heart beats faster as it works harder to pump blood throughout the body. Cuando hacen ejercicio, el corazón late más rápido y a que trabaja más duro para bombear sangre por todo el cuerpo. Remind children that they can tell how fast their hearts are pumping blood by feeling their pulses. Recuerden que para saber a qué velocidad late el corazón, pueden tomarse el pulso. Assist children as necessary.