Heart Activity Chain Quick Activity

Remind children that the heart is a muscle and like other muscles in the body, physical activity helps make the heart get stronger and work better. Invite children to suggest simple physical activities they can do in the classroom that they think would help their hearts. Children might mention jumping jacks, toe touches, or running in place.

Distribute 8” x 1” strips of construction paper to children. Invite each child to write the name of a physical activity and a number or an amount of time on the construction-paper strip. For example: Run in place 2 minutes. Help children use paste or glue to make circles of the construction-paper strips and join the circles to make a chain. Hang the construction-paper chain in the classroom.

During the day when children need a break, go to the chain and point to one of the circles at random. Read the activity on the circle and encourage children to do the activity together.