Happy Hearts! Poem

Tell children that when their hearts are healthy, they feel good. Ask them to tell how they can keep their hearts healthy. (By eating healthful foods, being physically active, getting enough rest, never starting to smoke.) Ask whether they have heard people cheer at a game or other event. Tell children that when people are happy they sometimes give a cheer, such as “Yeah, team!” When people cheer, they speak louder than usual.

Say the entire poem, using the hand motions and the voice tone as directed. Then teach the poem to children, two lines at a time.

My heart is inside me. (medium voice, touch chest)
Here, here, here.

It beats very quietly. (soft voice, touch ears)
Hear, hear, hear.

My heart keeps me happy. (loud voice, arms up and out)
Cheer, cheer, cheer!

Happy Hearts! Poem (Spanish)

¡Corazones contentos!

Tell children that when their hearts are healthy, they feel good. Cuando nuestro corazón está sano, nos sentimos bien. Ask them to tell how they can keep their hearts healthy. ¿Cómo pueden mantener sano el corazón? (By eating healthful foods, being physically active, getting enough rest, never starting to smoke) (Comiendo alimentos saludables, haciendo ejercicio físico, descansando lo suficiente, nunca empezando a fumar) Ask whether they have heard people cheer at a game or other event. ¿Han oído cómo grita la gente durante un partido o un espectáculo? Tell children that when people are happy they sometimes give a cheer, such as “Yeah, team!” When people cheer, they speak louder than usual. Cuando la gente está contenta, a veces grita “¡Viva!” o “¡Bravo!”

Say the entire poem, using the hand motions and the voice tone as directed. Then teach the poem to children, two lines at a time.

Mi corazón está aquí adentro. (medium voice, touch chest)
Aquí, aquí, aquí.

Late muy bajito. (soft voice, touch ears)
Así, así, así.

Mi corazón me tiene contento. (loud voice, arms up and out)
A mí, a mí, a mí.

¡Viva mi corazón, sí!

My heart is inside me. 
Here, here, here.

It beats very quietly. 
Hear, hear, hear.
My heart keeps me happy.
Cheer, cheer, cheer!