

Big News!

Introduction: In this lesson, students will learn about how to stay healthy through listening to and seeing the fun characters in a story. Then they will add their own illustrations. This lesson is adapted from a lesson idea on the American Heart Association’s website at: <http://www.americanheart.org/presenter.jhtml?identifier=3003087>.

Grade Level and Subject: Kindergarten and 1st Grade Language Arts, Health Education

TEKS: Kindergarten Language Arts 1A, 1B, 1C, 1D, 1E, 9A, 9B, 9C, 10A
Health Education 1C
1st Grade Language Arts 1A, 1B, 1C, 1D, 1E, 10A
Health Education 1A

Materials: “Big News! Straight from the Heart” story by Richard Andersen and Amy Glaser Gage, drawing paper, pencils, markers or crayons

Activity:

1. Read the entire Big News! story to the children. As you read, build interest in the plot by asking children to predict an upcoming event. When you ask “What do you think will happen next?” follow up with “Why?” Point out that some animals are doing different physical activities. *What are the spiders doing? What is Curly, the lamb, doing? Can you think of a physical activity that Ponytail and Cubby might do? What kinds of physical activities do you like to do?*
2. Ask children to think of other physical activities that Mr. and Mrs. Legs and their little spiders might do together. Invite children to draw a picture of the spider family or Curly and friends doing one of the suggested activities. Children might also illustrate a new book showing all of the characters doing different physical activities. Title it *Sneakers and Friends on the Move!*
3. Explain that physical activities can be done all year round. Review the seasons by asking children to describe what it is like outside in the winter, spring, fall, and summer. *What can Sneakers do to stay physically active in the winter? In the summer? Do you do different physical activities at different times of the year?* Have children draw pictures of Sneakers doing different physical activities in the different seasons. Display the pictures grouped by season.

Evaluation: Observe students for appropriate listening behavior and participation in the discussion. Check drawings for appropriateness to the assignment.



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