

## Picture a Healthy Body

**Introduction:** As students walk across Texas!, they are helping their bodies to grow strong and stay healthy. In this lesson, students learn that exercise keeps the heart strong so it can keep the rest of the body healthy. The lesson is adapted from a lesson idea on the American Heart Association's website at: <http://www.americanheart.org/presenter.jhtml?identifier=3003024>.

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

**TEKS:** Language Arts

Kindergarten – 1A, AB, 1C, 1F, 3C, 5B, 5C, 5G, 6C, 7B, 10B

1st Grade – 1A, AB, 1C, 1F, 3C, 5B, 5C, 6C, 7B

Health Education

Kindergarten – 1C, 4B

1st Grade – 1A, 4B

**Activity:**

1. Explain to children that physical activity, such as walking, helps to keep their bodies strong and healthy. *What are some parts of your body that get stronger?* (answers may include arms, legs, lungs, heart) Explain that the heart is an important part of the body because it pumps blood to all of the other parts of the body. Explain that exercise keeps the heart strong so that it can keep the rest of the body strong.

2. Write the following rhyme on the chalkboard, and read it aloud.

*The heart, the heart, the heart  
Is a most important part.  
How important a part is the heart?  
Your body won't start without a heart!  
That's how important a part  
Is the heart, the heart, the heart.*

3. Ask children to name the words that rhyme (heart, part, start). Read the rhyme again and have children say it with you. Then ask them to clap their hands each time they hear the words *heart*, *part*, and *start*. Read the rhyme several times until children clap at all the appropriate places. Now tell them that you will read the rhyme and leave out some words. Ask them to say the missing words. Read the rhyme again, leaving out the words *heart*, *part*, and *start* and pausing while the children say the words. Then ask children to give their own ideas about why the heart is an important part of the body.

**Evaluation:** Observe students for participation in the discussion and activity.



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Updated February 2016