



The Doctor Is in

Introduction: As students “Walk Across Texas!,” they learn that exercising is an important part of keeping their hearts and bodies healthy. In this lesson, they learn that visiting the doctor regularly is also an important part of staying healthy. The lesson is adapted from a lesson idea on the American Heart Association’s website at:

<http://www.americanheart.org/presenter.jhtml?identifier=3003013>.

Grade Level and Subject: Kindergarten and 1st Grade Health Education

TEKS: Kindergarten – 1C, 3A, 5A
1st Grade – 1A, 1B, 3A, 5A

Materials: Empty tissue rolls, white dress shirts, stuffed animals (children may bring these things from home)

Activity:

1. Explain to children that while exercise such as walking is an important part of keeping their hearts and bodies healthy, it is also important to have regular check-ups with the doctor. Tell them that the doctor can answer questions about their health and provide them and their parents with important health information.
2. Encourage children to share their own experiences with visiting the doctor. Ask them to describe the doctor’s office. They might mention the examining table and the stethoscope the doctor uses to listen to their hearts.
3. Invite children to turn the play area into the office of a doctor who helps patients who have healthy hearts. Let children decide how they want to set up the office and what roles they want to include, such as doctor, nurse, receptionist, parent, and child. (Children may prefer to bring stuffed animals to the office to examine for healthy hearts.) Help children gather props, and alert family members to particular needs (such as an old bathroom scale for weighing patients). Empty tissue rolls may be used for makeshift stethoscopes, and old white dress shirts will work as lab coats for the office staff.

Evaluation: Observe students for appropriate listening behavior, as well as participation in the discussion and activity.



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