

## Be Healthy Inside and Out

**Introduction:** Students use different parts of their bodies, like their arms and legs, as they “Walk Across Texas!” In this lesson, children learn that they also use parts that they can’t see, like their hearts. The lesson is adapted from a lesson idea on the American Heart Association’s website at: <http://www.americanheart.org/presenter.jhtml?identifier=3003072>.

**Grade Level and Subject:** Kindergarten P.E., Language Arts, Health Education

**TEKS:** P.E. – 2A, 4A  
Language Arts – 1A, 1B, 1C, 1D, 3C  
Health Education – 1C, 4B

**Materials:** “Hearts on Parade” activity sheet, crayons, “Take a Look Inside of You!” visual sheet, chart paper, marker

### Activity:

1. Distribute the “Hearts on Parade” coloring activity sheet. Invite children to color the people in the picture. *What do the people look like? Are they big? Are they little? How old do you think they are?* Encourage children to give specific information about the people in their picture. Ask them to point to the hair and skin of one of their people. Encourage children to touch their own hair and skin. Explain that these are parts of the body that they can see and touch. Point out that the body has many parts inside that they cannot see.
2. Display the “Take a Look Inside of You!” visual. Tell children that this drawing shows some of the parts we have inside our bodies. We can look at drawings of these parts because scientists know what the inside of our bodies looks like. Point to the heart of the child on the visual, and ask children to place their hands on their chests in the same location. Ask them whether they can feel or hear something thumping. (Children may have to jump in place first.) *What is causing that thumping?* If necessary, explain that what children feel or hear is their heart beating.
3. Invite children to tell what they know about the heart, and record their comments on chart paper. Remind students that walking and other forms of exercise are good for their bodies.

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



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