

## Cheer for the Heart

**Introduction:** In this lesson, students learn a poem that they can use to cheer each other on as they “Walk Across Texas!” The lesson is adapted from a lesson idea on the American Heart Association’s website at: <http://www.americanheart.org/presenter.jhtml?identifier=3003015>.

**Grade Level and Subject:** Kindergarten Language Arts

**TEKS:** Language Arts – 1A, 1B, 1C, 3A, 3D, 10B, 10C

**Activity:** Tell children that when their hearts are healthy, they feel good. *How can you keep your heart healthy?* (by eating healthful foods, being physically active, getting enough rest, never starting to smoke) *Have you 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 below, using the hand motions and the voice tone as directed. Then teach the poem to the 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!

**Evaluation:** Observe students for appropriate listening behavior and for participation in the activity.

