

## Cut It Out

**Introduction:** In this lesson, students will recognize that some activities that they engage in can be replaced with physical activities that are good for their hearts.

**Grade Level and Subject:** Kindergarten Health Education

**TEKS:** 1C

**Materials:** 4-foot long piece of white paper (cut from a 3-foot wide roll), scissors, paste or glue

### Activity:

1. Draw a line on the paper dividing it into left and right sides. Draw a large red heart at the top of the left column and a small red heart at the top of the right column. Hang the paper in a prominent place in the classroom.
2. Remind students that the more physical activity they engage in, the stronger their hearts and bodies become. *What are some physical activities that we can engage in that are good for our hearts?* (walking, running, skating, playing ball, working in the garden, riding a bicycle, etc.) *What are some activities that do not make our hearts healthier?* (playing video games, watching television, listening to music, etc.) Remind students that participating in these activities on occasion is not bad as long as we make sure that we also get plenty of exercise. Point out that we should try to “cut out” some of the time we spend on these activities and replace them with activities that are good for the heart.
3. Divide children into groups of four. Give each group several magazines.
4. Direct each group to find and cut out one picture of a person or group of people who are participating in an activity that makes the heart healthy and one picture of a person or group of people who are participating in an activity that does not make their heart healthy.
5. Have each group present their pictures and explain which activity is good for the heart and which one is not. Then allow students to paste or glue their pictures in the appropriate column on the large paper (large heart/physical activity, small heart/non-physical activity).

**Evaluation:** Observe students for participation in the activity and for accuracy in choosing the appropriate pictures.



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