

## Wise Owl Says

**Introduction:** Students recognize the role of physical activity in helping their hearts grow strong and stay healthy as they play a game that makes their hearts *thump!* This lesson is adapted from a lesson idea on the American Heart Association’s website at: <http://www.americanheart.org/presenter.jhtml?identifier=3003084>.

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

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

### Activity:

1. As children sit quietly, have them place their hands on their chests and see whether they can feel the beat of their hearts. Explain that when we are resting or sleeping, our hearts beat more slowly than when we are being physically active. Ask children to repeat slowly after you: *Thump ... thump ... thump*. Tell children that when their hearts *thump...thump...thump* quickly during physical activity, it means that their hearts are getting healthier.
2. Teach children the activity game “Wise Owl Says.” Have them use their fingers to make an owl — using their thumbs and index fingers to make circles for the eyes and their other fingers pointing up to make the feathers over the owl’s eyes. Then play the game using the rules for the game “Simon Says.” You might simplify the activity for younger children by not having them be out of the game when the leader does not say, “Wise Owl says.”

*Wise Owl has something to say:  
“Do a physical activity every day.”*

The leader then says “Wise Owl says” and gives a direction for a physical activity. Let as many children as possible have a turn at being the leader and giving a direction.

Sample directions:

*Wise Owl says, “Circle your arms.”*

*Wise Owl says, “Lift each knee.”*

*Wise Owl says, “Stretch up high.”*

*Wise Owl says, “March in place.”*

**Evaluation:** Observe students for participation in the activities.



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