

It Is So Still

Introduction: In this lesson, students will practice their listening skills and learn about their hearts as well. The lesson is adapted from a lesson idea on the American Heart Association's website at: <http://www.americanheart.org/presenter.jhtml?identifier=3003148>.

Grade Level and Subject: 3rd, 4th, and 5th Grade Language Arts, Health Education

TEKS: 3rd Grade: Language Arts – 1A, 1B, 1E, 2A, 3A
Health Education – 4B
4th Grade: Language Arts – 1A, 3A
Health Education – 2B
5th Grade: Language Arts – 1A, 3A
Health Education – 2A

Materials: “It is So Still” by Jack Prelutsky

Activity:

1. Ask a volunteer to read the poem aloud to the class. *Have you ever heard your heartbeat?* Most students will indicate that they have. *How and where have you heard your heartbeat?* (People can hear their heartbeats when they are very quiet in bed, like the person in the poem; in the doctor's office with a stethoscope; during and after physical activity, perceived as a thumping in their ears.)
2. *What do we mean when we say that our heart beats?* (It pumps blood; it contracts and relaxes.) *Where is your heart located?* (Slightly left of the center of the chest, under the ribs.) Encourage students to put their hands on the center of their chests, sit very quietly, and feel their hearts beating.
3. *What is another way you can tell how fast your heart is beating?* (Check your pulse.) Show students how to take their pulse by putting the first and second fingers of one hand on the inside of the wrist of the other hand, just below the thumb. Explain that what they are feeling is the blood being pumped by the heart through the arteries that lie close to the surface of the skin.
4. Point out that students can feel their pulse at other places on their bodies. Show them how to take their pulse at their neck by placing the first and second fingers of one hand on the neck just below where the jaw curves.

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



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