

HeartSmart Teachable Moments

the powerful heart
&
the mighty brain

Grades K – 1



The Powerful Heart & The Mighty Brain - Heart Facts

Summary

Students will:

- State what they know and what questions they have about their heart
- Review key words about the heart and heart health
- Discuss what good health means and some keys to good health

Objectives

- Students will learn key words and basic facts about the heart
- Students will describe the location of the heart and the lungs in the body and the sounds the heart makes
- Students will state the three keys to good heart health

Key Words

heart, body, arteries, veins, blood, oxygen, heartbeat, lungs, healthy, food, active play, smoke-free

Preparation

- Research online clips demonstrating the circulatory system in action through animations

Potential Materials

- Crayons or pencil crayons
- Yarn - optional

Main Steps

Choose activities from the following steps to customize your lesson to the needs of your class.

HEART FACTS

What Do You Know?

Write out the key words on to a piece of chart paper or a white board with the word “heart” in the centre. Review the new vocabulary and have students who know the words help explain them to others. Use simple word games (identifying, sounding out, underlining, etc.) with unfamiliar words.

Use leading questions such as those below to ask what students know about hearts and health. Record what they say on a chart using words and simple drawings (e.g., draw a stick figure of a body and show the heart in the centre, or write the word “Centre”).

- Where is a person’s heart? *In the middle of the chest.*
- Can you see your heart? *No, it is inside your chest.*
- Can you hear it or feel it? *Sometimes when it is beating very hard.*
- How big is your heart? *About as big as two hands making a fist together.*
- What can you do to keep your heart healthy? *Keep moving, eat good food, live smoke-free.*
- What else can you tell us about the heart?

Use leading questions to ask what students wonder or want to know about hearts and health. Record what they say on a chart using words and simple drawings. If necessary, prompt students with questions such as the following:

- *What questions would you ask a doctor about the heart?*
- *What would you like to tell your friends and family about the heart?*

The Powerful Heart & The Mighty Brain - The Heart in the Body

THE HEART IN THE BODY

- Distribute the activity sheet “*The Heart, Lungs and Brain.*”
- Explain that the heart pumps blood all through the body through arteries and back through veins and to your lungs where it picks up fresh oxygen and nutrients then back to the heart. *Tip: You can use coloured yarn to demonstrate how arteries and veins run along the body. Explain that the lungs are next to the heart in the body and they are used for breathing.*
- Point out that doctors often describe the heart sound as: “lub-dub, lub-dub, lub-dub.”
- Point out the 1-2, 1-2 beat of the heart and lead students in chanting or clapping a heart rhythm such as the following:

1 – 2, 1 – 2

Heart beat with who?

1 – 2, 1 – 2

Heart beat with me.

1 – 2, 1 – 2

Heart beat with who?

1 – 2, 1 – 2

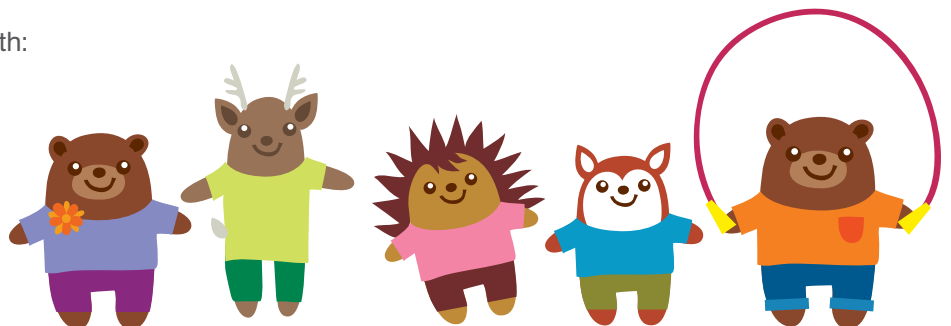
Heart beat with you!

TIP:
Have students squeeze a fist
in time to the heart rhythm.

THREE KEYS TO HEART HEALTH

After learning about the heart and its function explain that we must keep the heart healthy.

- Write and say the word “healthy” and ask students for ideas about what it means. Probe for a variety of responses (e.g., feeling good, the ability to play and have fun, not being sick in bed, etc.)
- Explain that being healthy means feeling good about what you are able to do. This means feeling good physically (in your body), feeling happy, feeling good about your family and friends. These are different ways of being healthy.
- Point out that people with disabilities can still have good health, although they might be unable to do some kinds of things.
- Ask students what they do to stay healthy. Prompt students with questions such as the following:
 - Does playing active games make you feel healthy?
 - Does eating good food make you feel healthy?
 - Does it feel healthy when you stay away from tobacco smoke?
- Point out the three keys to good health:
 - Eat Good Food.
 - Keep Moving
 - Live Smoke-Free



The Powerful Heart & The Mighty Brain - Review and Summary

Review and Summary

Review the key messages of the lesson:

- The heart beats in the chest to keep the body healthy.
- The heart pumps blood all over the body providing fresh oxygen and nutrients.
- Blood is pumped from the heart through arteries and back through veins to the lungs.
- The three keys to a healthy heart are to eat good food, keep moving, and live smoke-free.

Home Connections

Invite students to bring the activity “*The Heart, Lungs and Brain*” home to their parents or guardians and explain what they learned about the heart.

Extension and Integration

- Have students draw and cut out a picture of a heart or valentine and pin it on their shirt where their heart is.
- Have students flex their arm muscles, make a fist or squeeze a soft tennis ball at the same rate as their heartbeat for a minute. Have them describe how it feels and explain that a healthy heart can pump all day without getting tired.
- Have students mimic the sound of the heart, and chant, clap, stamp or use musical instruments to beat the rhythm.
- Invite the school nurse to visit the class and have students listen to their own hearts using a stethoscope. If possible, use a microphone and portable stereo to amplify sounds from the stethoscope so that the whole class can hear.

Assessment

- Review the students’ drawings to ensure they can identify and correctly locate the heart and lungs on an outline of a body.
- Monitor students’ responses to the health discussion to ensure they can describe practices that contribute to good health (including healthy eating, physical activity, living smoke-free) and can restate the three keys to heart health.



the heart, lungs & brain



The **heart** makes blood move around your body, the **lungs** make sure you can breathe and the **brain** does all the things to keep you alive and ready to learn!

