

Healthy Hearts

Find Your Heart

Art Activity

Cut small pieces of paper into heart shapes and write “I love my heart” on each shape. Make one for each child. (You can do this or have the children do their own.)

Ask children if they know where their heart is located in their body. Ask them point to the spot.

Most children point to the center of their chest. Explain that the center is not quite the right location. To get each child in the right spot, ask them to point to the center of their chest. Then have them move their fingers about two inches to the left. Give each child a paper heart. Help the children to secure the heart on their chest where their heart is located with tape.

