

HEART SMART!



Happy Hearts! Poem



Tell children that when their hearts are healthy, they feel good. Ask them to tell how they can keep their hearts healthy. (By eating healthful foods, being physically active, getting enough rest, never start smoking.) Ask whether they have heard people cheer at a game or other event. Tell children that when people are happy they sometimes give a cheer, such as “Yeah, team!” When people cheer, they speak louder than usual.

Say the entire poem, using the hand motions and the voice tone as directed. Then teach the poem to children, two lines at a time.

My heart is inside me. (medium voice, touch chest)
Here, here, here.

It beats very quietly. (soft voice, touch ears)
Hear, hear, hear.

My heart keeps me happy. (loud voice, arms up and out)
Cheer, cheer, cheer!

Source: <http://www.americanheart.or>