



Learn About *Heart Health!*

Objective

Learners that participate in this activity will be better able to:

1. Identify the location of their hearts
2. Describe the sound made by their hearts and/or the feeling of their pulses
3. Compare a resting heart rate with an active heart rate

You will need

- A stethoscope. (If you don't have one, make one! Find a tube, a funnel, and a balloon. Stretch the lower half of the balloon over the wide end of the funnel and attach the tube to the small end. Place the balloon-covered funnel over the heart and listen through the tube.)
- A clear space where a child can do jumping jacks without bumping into anyone.

Lesson

1. Invite each student to find the sound of his or her heart with a stethoscope. Ask: where is your heart? What does it sound like? (Bonus questions: what does your heart do? Why does it make that sound?)
2. Invite the student to perform 20 jumping jacks, then listen to his or her own heart again. Ask: how does it sound different?
3. (If a student has great difficulty in hearing his or her heart, try repeating this activity to find a pulse instead. Explain that doctors learn about our hearts in many ways – sometimes by listening and other times by touching.)

Read

Find some storybooks about heart health at your local library. Some of our favorites:

- *Hear Your Heart* by Paul Showers, 2001.
- *A Drop of Blood* by Paul Showers, 2004.