

# Energizers

## Heart Smart (Gr.2-6)

### Instructions:

Have students stand at their desks.

1. Teacher will discuss the heart:

- Where it is located? Left side of the chest. (Have students put their hand over their heart)
- What size is it? Size of a fist. (Have students make a fist)
- Function? Deliver blood to the body.
- What strengthens the heart? Jumping, swimming, jogging. (Students act out each activity)
- What weakens the heart? Inactivity, smoking, unhealthy diet.

2. Teacher calls out a habit that strengthens or weakens the heart.

3. If the habit strengthens the heart, students will respond by jumping. If the habit weakens the heart, students will respond by squatting.

### Habits:

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|---|--|
| • Riding a bike – jump  | • Shooting baskets – jump                  |
| • Eating 4 pepperoni pizzas – squat                               | • Playing PlayStation – squat              |
| • Walking your dog – jump   | • Eating fast food – squat                 |
| • Smoking cigarettes – squat                                      | • Raking the leaves - jump                 |
| • Never going outside to play and watching TV all the time – fall | • Washing the car – jump                   |
| • Dancing with your friends – squat                               | • Taking the stairs – jump                 |
| • Skating – jump  | • Taking the elevator – squat              |
| • Never eating fruits/vegetables – squat                          | • Swimming – jump                          |
| • Riding a scooter – jump   | • Eating potato chips and Twinkies – squat |

\*Suggestion: Have students think of their physical activity and eating habits.