

Healthy Alternatives for Little Ones In-Class Activities

Lesson 7: Healthy Bodies, Healthy Choices

This week we are learning **about the internal organs**. The objective of Lesson 7 is for each child to be able to identify and name the internal organs and to be able to state their role in our bodies. Here are some activities you can do with your class to reinforce this week's HALO lesson!

Body Mapping

This activity can be used to review and reinforce the names, locations, and roles of the internal organs.

Materials: Construction paper, crayons or markers.

Directions: In advance, draw a body outline on each child's sheet of paper. Have the children draw their internal organs on the body outline. If appropriate, have children practice writing skills by labelling the organs. Reinforce learning by reviewing each organ's role in our bodies.

Heart Beats

In this activity, children can listen to their own and another child's heart beat.

Materials: Empty toilet paper rolls (one for every two children).

Directions: Discuss with children that the heart is a muscle that pumps blood all over our bodies. Have children pair up to take turns listening to each other's heartbeat. Give children toilet paper rolls to use as a stethoscope. Children may or may not be able to hear the heartbeat. Discuss how exercise makes the heart beat louder and faster. Have children do an exercise (e.g, jumping jacks, running in place), then listen to their partner's heartbeat again.

Allow children to listen to their own heartbeats by showing them the pulse points in their neck and wrist. Discuss with children that this is a result of the blood pumping throughout the body.

