



# HEART

## Early Childhood Adaptations

Prepare for the Winter Games HEART theme by adding to your dramatic play area. Include lab coats, scrubs, stethoscope, eye chart, etc.

During Week 2, consider including plenty of pretend healthy foods-fruits, vegetables, etc. to your kitchen play area.

Choose one of the weeks to focus on physical health, and include items found in a gym, like mats, pretend weights, trampoline, etc.



**Concepts to consider** when teaching young children about health include:

**Exercise keeps our bodies strong**

**The heart is a muscle inside the chest that pumps blood through the body**

**The heart beats continuously, and you can hear it through the wall of the chest**

**Muscles get stronger the more you use them**

**Some foods are healthy, and some are not**

**It is important to have a nutritious diet and physical activity for a healthy heart**

**Everybody needs to eat food to grow and have energy for movement**

**Exercising makes your heart pump and beat faster**

**For more activity ideas, visit [WinterKids.org/Move-Learn-Explore](http://WinterKids.org/Move-Learn-Explore).**

# Suggested Books

We suggest the following books covering heart health, friendship, nutrition and exercise.

## HEARTS

### Non Fiction

- *Your One and Only Heart* by Rajani LaRocca, 2023

### Figurative

- *My Heart Fills with Happiness* by Monique Gray Smith 2016 (board book)
- *Little Hearts: Finding Hearts in Nature*, Charles Ghigna, 2022
- *The Kissing Hand* by Audrey Penn, 2006
- *In My Heart* by Jo Witek, 2015

## YOGA & EXERCISE

- *Yoga Animals* by Paige Towler, 2020
- *I Am Well* by Lisa Edwards, 2022 (board book)
- *Rocket Ship Yoga* by Bari Koral, 2022
- *Spunky Little Monkey* by Bill Martin, 2017

## NUTRITION

- *Eat Your Superpowers* by Toni Buzzeo, 2023
- *Rainbow Stew* by Cathryn Falwell, 2013
- *We're Going to the Farmers Market* by Stefan Page, 2014 (board book)
- *Our Little Kitchen* by Jillian Tamaki, 2020

## FRIENDSHIP

- *Penguin and Pinecone* by Salina Yoon, 2012
- *I Don't Care* by Julie Fogliano, 2022
- *Play With Me* by Kat Chen, 2024 (board book)



### This list was curated by:

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[freeportlibrary.com](http://freeportlibrary.com)

## Activity 1 Taking Your Pulse

Children will learn that the heart is a muscle and discuss ways to exercise that muscle. They will learn when they are resting, their heart beats slower, when they are active, their heart beats faster.

### Let's Find Out About the Heart

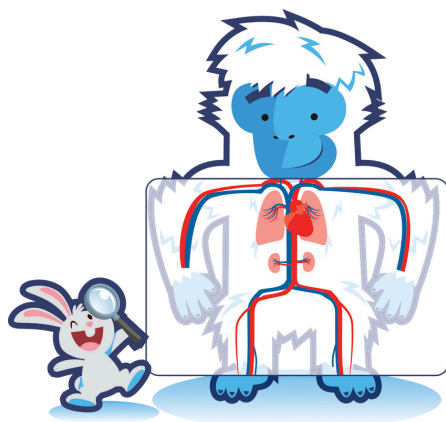
*from page 98 of the Learn Outside Guide, Early Childhood Edition*

#### Materials

- Stethoscope
- Informational books about human bodies
- Paper towel tubes

#### Vocabulary

stethoscope, beat, muscles, exercise, pump, fast, slow, sweating, breathing



#### Instructions

1. Talk with the children about the heart. Explain that the heart is a muscle that pumps blood through the body.
2. Ask the children if they can tell or show you other muscles in their bodies.
3. Ask children how people exercise these muscles.
4. Show the children the stethoscope, explain how doctors use it to hear our hearts.
5. Give each child a paper towel tube.
6. Encourage the children to listen to each other's heartbeat by placing the tube on a friend's chest and putting their ear to the other side.
7. Now encourage the children to do jumping jacks, dance, or other activities which will increase their heart rate.
8. Have the children repeat listening to each other's heartbeats.



#### Conversation Prompts

- You can feel and hear your heart beating.
- It is important to keep your heart healthy and strong so that the rest of your body stays healthy and strong, too.
- Explain to children that physical activity like running, jumping, and swinging, exercises our hearts.
- Explain that when we are resting, our hearts beat slower and when we are active, our hearts beat faster.
- Talk with the children about what they feel after exercising (such as sweating, breathing faster, feel their heart beat faster).



#### Extension Ideas

- Chart children's favorite activities that exercise their hearts.
- Create a doctor's office in the dramatic play area.



namaste★kid™

Scan here for  
ideas and tips..



## Activity 2

### Flexibility Assessment

In lieu of the flexibility assessment, try yoga! It's great for stretching and relaxing muscles.

Check out [Namastekid.com](http://Namastekid.com) for plenty of great ideas in their library of teaching tools for Preschools/Daycares.



## Activity 3

### Hearts Pumping

This activity can be modified to be a simple relay race, or have everyone exercise their hearts together and run, walk, crawl or roll the course in pairs or as a group, depending on the children's abilities.

## Activity 4

### How to Stretch

Children can follow along with illustrated stretches, adapt stretches to their ability, or choose a few yoga poses from Activity 2.



## Activity 5

### 2 minutes of silence

Try this enhanced relaxation activity just prior to rest time.

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## Activity 1

### Taking Steps for Your Heart

Toddlers can take up to 2,400 steps per hour! Keeping young children active is rarely difficult. Some children will need help attaching the pedometer to their shoes or clothing. Rather than track steps for an entire day, try tracking steps just during outdoor time or a specific activity.

## Activity 2

### 5-2-1-0 Relay Race

Since young children may not have control over selecting what they eat or how much screen time they engage in, try this activity instead:

### Snow Bucket Relay

*from page 84 of the Learn Outside Guide Early Childhood Edition*

#### Materials

- 2 Large buckets
- Snow

#### Vocabulary

Relay, bucket, snowball, run, running, ran

#### Instructions

1. Place the buckets at the one end of the playground.
2. On the other side of the playground, have each child make several snowballs and put them in a stack.
3. Encourage children to fill up the buckets as fast as they can by running back and forth between the bucket and the stack of snowballs, carrying one snowball during each trip.



#### Extension Ideas

- Encourage the children to do other movements such as skip, gallop, or hop.
- If the snow isn't sticky enough to make snowballs, have the children scoop with cups then run to the bucket and dump.
- No snow? Use balled up socks as snowballs for your relay.



#### Conversation Prompts

- Use the different tenses, past, present, and future. You will run, you are running, you ran.
- Before the game, ask the children to predict how many snowballs or scoops of snow it will take to fill the bucket.



## WEEK 2

### Activity 3

#### I Did it for My Heart

It may be necessary to focus on just one of the elements from the chart—we suggest outdoor, active play.

### Activity 4

#### Healthy Foods, Healthy Bodies

If sorting foods is a little advanced for your group, try the following game:



#### Fruit & Vegetable Bingo

from page 97 of the *Learn Outside Guide Early Childhood Edition*

##### Materials

- Set of fruit and vegetable bingo cards (see resources included at the end of these adaptations)
- Bag or container to store
- Bingo chips (purchase online, use small cut circles, pebbles, or pennies)

##### Vocabulary

Names of fruits and vegetables

##### Instructions

1. Each child gets one Bingo Card.
2. Put the picture cards in a bag or container and have the teacher pull out one card at a time.
3. Show the children the picture. Any child with that picture on their card will put a bingo chip on it.
4. When a child has one row or column completed, tell them to say “bingo!”



##### Conversation Prompts

- How many red foods are on your bingo card (ask about other colors).
- When you cover a row it is horizontal and a column is vertical.



##### Extension Ideas

- Have the children take turns calling out the fruits & vegetables.

### Activity 5

#### Change Who You Eat Lunch With Today

Invite another class to join you for lunch. Or perhaps invite family or other community members to have snack with your group.

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## Activity 1

### Flashlight Morse Code

Ask the children to use their flashlight to shine a light on items outdoors or in the classroom. For instance, find the slide, or fence, or a particular tree. Perhaps do some indoor items by color (shine your light on something red) and then follow up with outdoor activity like the following:



## Shadow Dancing

*from page 83 of the Learn Outside Guide Early Childhood Edition*

### Materials

- Sunny day
- Pre-recorded music (scan the QR code below for our favorites!)



Scan for a playlist of our favorite **winter-themed songs** on Spotify



### Vocabulary

Shadow, light, dark, movement, sun, day, night

### Instructions

1. On a sunny day point out how the children's bodies make a shadow.
2. Demonstrate how when the child moves their body, their shadow moves too.
3. Turn on some music and have a shadow dance party.



### Conversation Prompts

- Their body is blocking the sunlight, which causes the shadow on the ground
- Depending on the position of the sun in the sky, their shadow may be the same size as their body, much shorter, or much longer



### Extension Ideas

- Read the book *Bear's Shadow* by Frank Asch.
- To do this activity inside, use a desk lamp placed low to create the children's shadows on the walls.

# WEEK 3

## Activity 2 Let's Discuss It

Try this sensory hike activity while taking the children on an outdoor hike, with time to stop and look, listen and feel what is happening around them.

### “Sense the Winter” Hike

*from page 91 of the Learn Outside Guide Early Childhood Edition*

#### Materials

- Drawings created by the children or photographs of the children
- Large piece of black construction paper (11x18)
- Hole puncher
- String

#### Vocabulary

Descriptive words for snow and ice - slippery, deep, fluffy, sticky, crunchy, wet, white, bright, sparkly, shiny

#### Instructions

1. Take the children for a winter walk (this can be around the playground, or further distance if desired). Tell the children they will be using their senses of sight, smell, hearing, and touch to experience the winter weather. Tell the children that they will draw a winter picture of something they have seen on their walk when they get back to the classroom.
2. Have children draw a winter picture of something they saw on their walk.. You can also take photos of the children during outside play.
3. Ask the children to dictate about their drawing or photograph. The teacher can handwrite or type the children's sentences.
4. Create a classroom book by binding the drawings and stories together.



#### Extension Ideas

- Go on subsequent walks and discuss the changes the children see, even though it is still winter.
- Ask students to observe an outdoor winter scene, and have them suggest what that scene would look, smell, sound and feel like in the summertime.

## Activity 3 Outdoor Bingo

Most squares should be accessible to young children. Feel free to change a square you find too challenging for this age group to another outdoor activity, keeping in mind it should be active. Please limit changes to no more than 2 squares.

## WEEK 3

### Activity 4

#### Fun Partner Relay

No adaptations necessary.

### Activity 5

#### People Who Fill Your Heart

Talk to the children about the people who are important to them. Have the children draw a picture that reminds them of that person/people. Perhaps they can dictate a few words about how those people make them feel. Tell them to share their drawing(s) with the person they were thinking about.

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# WEEK 4

## Activity 1

### Beach Ball Mini Golf

Create a course that is manageable for the age group.

## Activity 2

### Shaping Students

If the concept of making a shape with multiple human bodies is too advanced, try follow the leader instead. Teachers can be the leader, guiding the children in different shapes-square, circle, triangle. If there is snow on the ground, show the children the shapes their footprints made in the snow. OR have the children shovel a path of different shapes and everyone follows along!

## Activity 3

### Beach Day vs Snow Day

If children are unable to keep the ball in the air, substitute the following activity:

### Keep the Ball In the Circle

*from page 90 of the Learn Outside Guide Early Childhood Edition*

#### Materials

- Ball
- Spray paint to draw a circle

#### Vocabulary

Kick, ball, circle, inside, outside

#### Instructions

1. Using your feet, stomp a circle in the snow or use liquid watercolors to create the circle in the snow.
2. Gather the children to stand on the circle.
3. Put the ball in the circle.
4. Tell the children everybody has to try and keep the ball in the circle by kicking the ball to the other side when it comes.

#### Conversation Prompts

- Should you kick the ball harder or softer?
- What if you use the inside of your foot, turn your foot to the side.

#### Extension Ideas

- Use a large ball for younger children and a smaller ball (soccer ball or tennis ball) for older children.
- If no snow on the ground draw a circle on the ground with chalk.



## WEEK 4

### Activity 4

#### Flexibility Assessment

Once again, substitute yoga postures and stretches.



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### Activity 5

#### Can't Spell HEART Without ART

No adaptations necessary.





**Contents:**  
Teacher's Tokens  
4 x Bingo cards

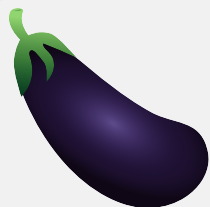
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for our Bingo Card template  
in CANVA, and create as many  
different versions of these  
Bingo cards as you need!

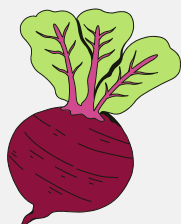


**Directions:**

1. Print the following pages (we recommend using heavier-weight paper or card stock).
2. Cut out "Tokens" on this first page, then drop them into a bag or bowl to be drawn during the Bingo game.
3. Distribute the Bingo cards on the pages to follow to your students and have fun!



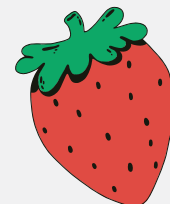
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**BEET**



**BANANA**



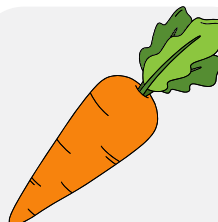
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**CARROT**



**POTATO**



**AVOCADO**



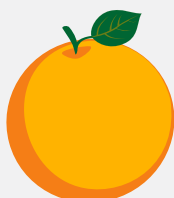
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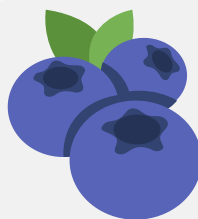
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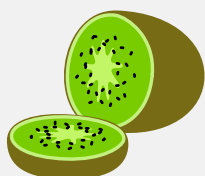
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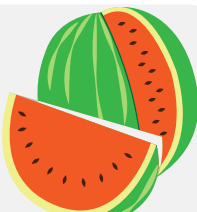
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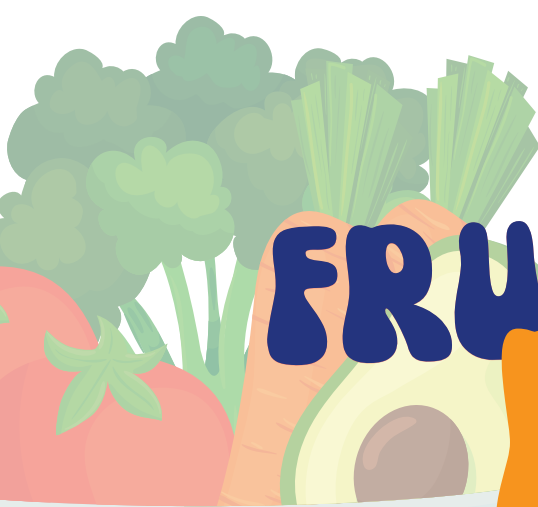
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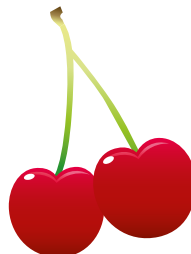
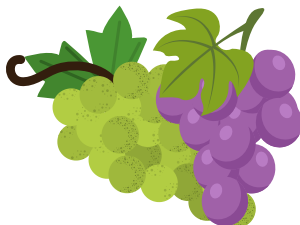
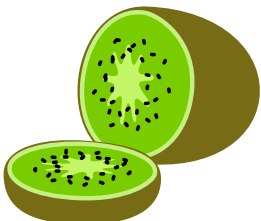
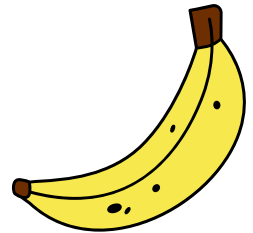
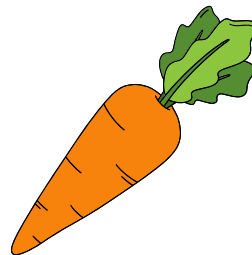
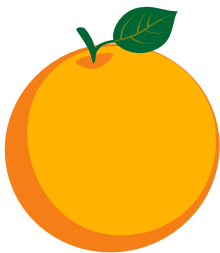
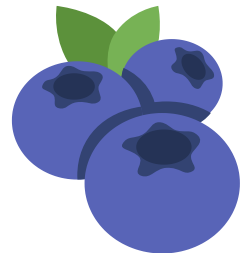
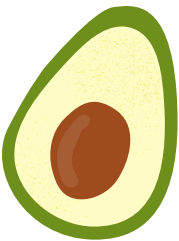
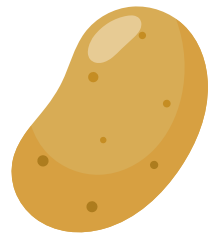
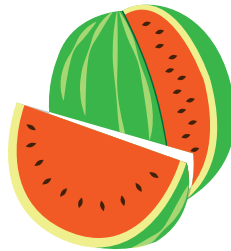
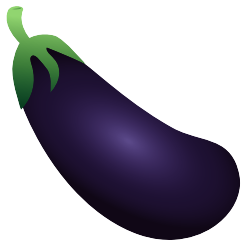


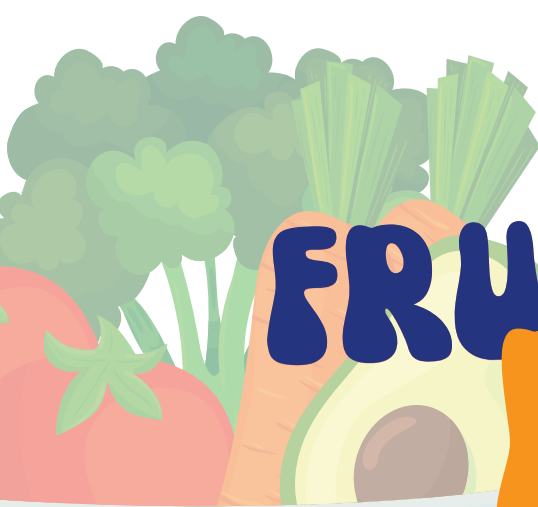
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# Winter Kids FRUIT & VEGGIE BINGO

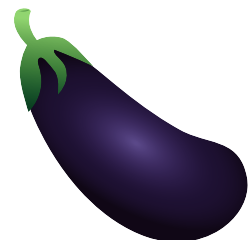
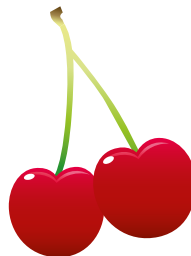
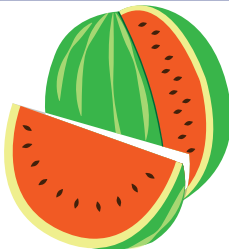
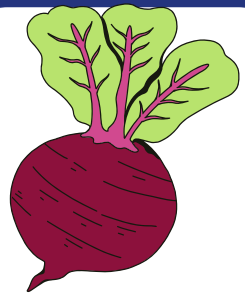
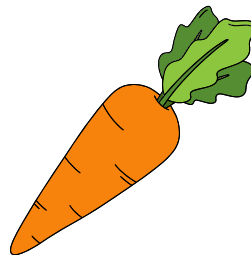
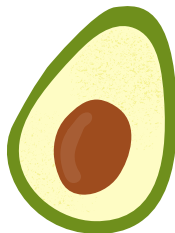
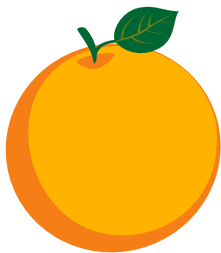
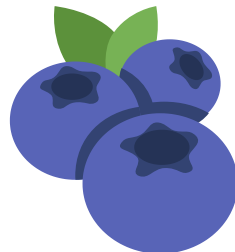
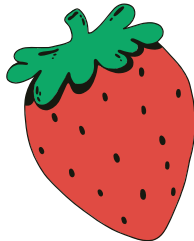
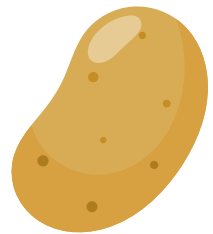
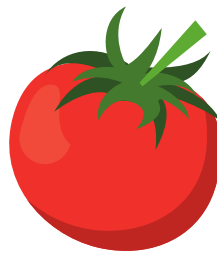
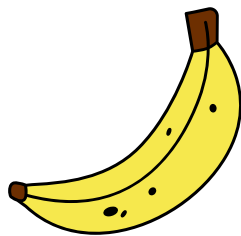
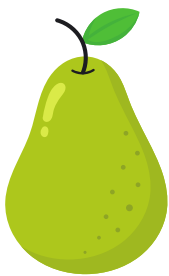
[winterkids.org](http://winterkids.org)

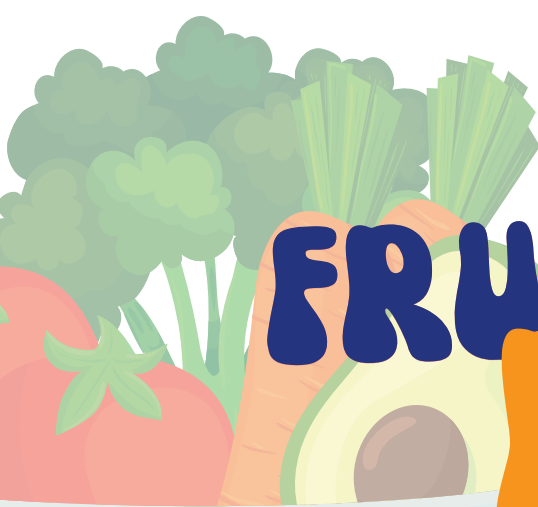




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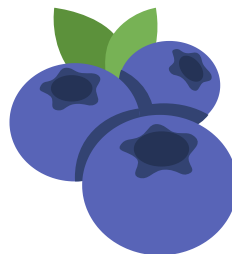
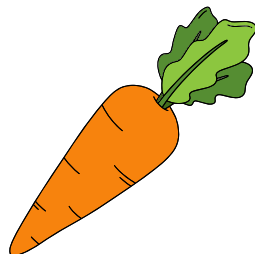
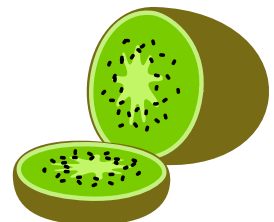
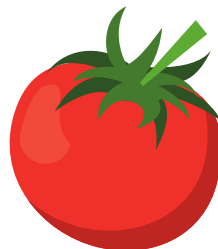
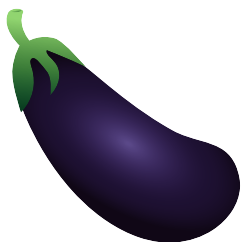
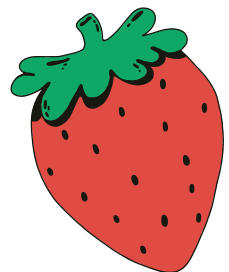
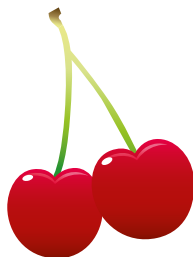
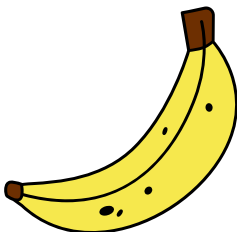
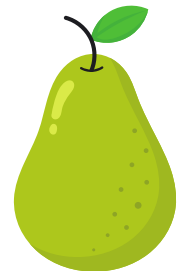
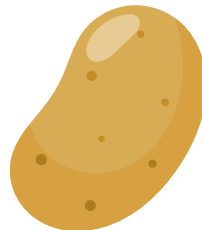
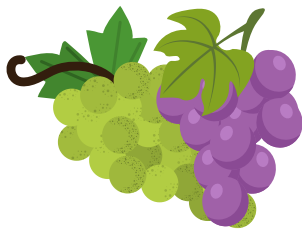
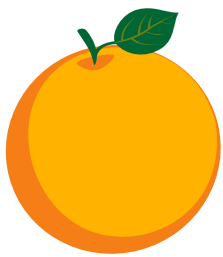
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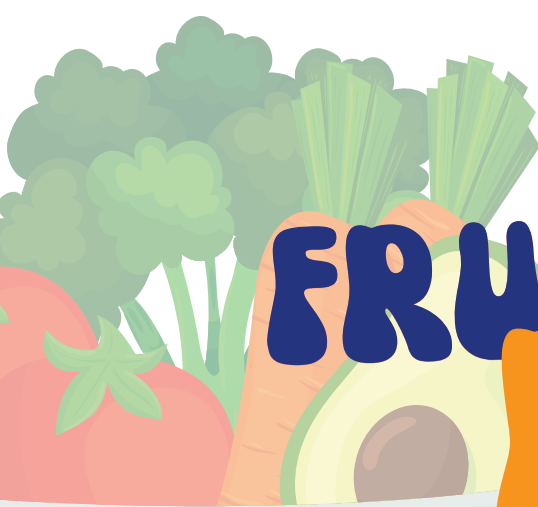




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