**HEART HERO STORYTIME**

Grades: K-5

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| **Equipment**   * Jump Ropes * 4 cones (or other markers) to create 2 parallel lines * Music and music player (optional) |

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| **Set-up**   * Use cones to create 2 parallel lines 10 to 30 paces apart. * Students in pairs, one on each parallel line directly facing each other. * Number students Partner 1 and Partner 2. * Provide students with a jump rope. |

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| **Objective**   * The object of the game is for you and your partner to tell a story about healthy hearts. |

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| **Description**   * Today’s activity is called Heart Hero Storytime. * The object of the game is for you and your partner to tell a story. Do that by meeting in the middle of the parallel lines, then taking turns storytelling. * On the start signal, move forward to meet your partner in the middle of the parallel lines. * Partner 1 will begin telling the story by using our story prompt *(give students a story prompt)*. Partner 2 will be the “Active Listener” and will jump rope while listening. Be sure students are spaced safely apart. * On the stop signal, quickly return to your starting spot across from your partner and wait for the start signal. * On the signal, move back to the middle with Partner 2 becoming the Storyteller and Partner 1 becoming the Active Listener. * Storytellers continue telling the story right where your partners left off. (Continue for 4-6 turns, allowing both partners several opportunities to continue the story.) * Sample story prompts:   + Once upon a time there was a heart hero that….   + One family stays healthy by….   + The heart grew stronger and stronger because… |

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| **FUN HEART HEALTH INFO**   * The beating sound of your heart is caused by the valves of the heart opening and closing. |