**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.
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