

# HEART HERO STORYTIME

Grades: K-5

## EQUIPMENT

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

## 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.

## OBJECTIVE

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

## 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...

## FUN HEART HEALTH INFO

- The beating sound of your heart is caused by the valves of the heart opening and closing.