

LESSON TITLE: *All Hearts Need Love!*

**GLE Text and Benchmarks:**  
(Includes Book and Follow Up Activity)

**GLE # Mathematics**

01	(PK-CM-N3) (N-1-E) (N-3-E) Count by ones to 10.
07	(PK-CM-M1) (M-2-E) Use words such as <i>day, week, month, schedule, morning, noon, night</i> .
13	(PK-CM-P1) (PK-CM-P2) (P-1-E) (P-3-E) Recognize and copy repeated patterns (e.g., concrete objects, songs, rhymes, and body movements).

**GLE # English Language Arts**

06	(PK-LL-R4) (ELA-1-E4) Relate pictures to characters.
09	(PK-LL-S3) (PK-LL-R4) (ELA-1-E5) Answer simple questions about a story read aloud.
10	(PK-LL-L1) (PK-LL-S1) (ELA-1-E6) Share related life experiences after stories are read aloud.
21	(PK-LL-S1) (PK-LL-S2) (ELA-4-E1) Use words, phrases, and/or sentences to express feelings, ideas, needs, and wants.
24	(PK-LL-L2) (ELA-4-E2) Follow one- and two-step verbal and nonverbal directions.
29	(PK-LL-S1) (PK-SE-C1) (ELA-4-E7) Recognize and follow agreed-upon rules for discussing, such as raising one's hand, waiting one's turn, and speaking one at a time.
41	(ELA-4-E7) Participate in designated roles within classroom activities, such as line leader, teacher helper, and calendar helper.
19	(ELA-6-E1) Identify and state/tell cultural differences found in literature read aloud.
45a	(ELA-4-E5) Give oral responses, including telling stories and personal experiences.
21c	(ELA-7-E4) Apply basic reasoning skills: connecting what is learned to real-life situations.

**GLE # Science**

15	(PK-CS-P3) (PS-E-B3) Demonstrate motion by using students' own bodies.
29	(LS-E-A3) Describe basic functions of parts of the body (e.g., lungs, heart, bones, muscles).
42	(LS-E-A5) Describe how the organs of the circulatory and respiratory systems function.

**Grade Level:** Pre-K/K-2

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

**# Of Participants:** Class size; 10-30

**Life Skill:** The importance of "heart health"

**Character Focus:** Self-Responsibility and Kindness

**Integrated Curriculum Concepts:**

- Language Arts: Active listening, Responding, and Following Directions

- Math: Counting
- Science: Exercise Physiology
- Social Studies: Developing self-help skills

**Key Concepts:**

- Importance of physical activity
- Making healthy food choices

**What you need for the Lesson:**

- *All Hearts Need Love!*
- Hardy Heart Educational Tool
- Looking for a Healthy Heart Activity
- Cut out of Hardy Heart from back of book
- Masking Tape
- Companion Activity Book (*Optional*)

**Learning Activity:**

- Looking for a Healthy Heart Game
- Companion Book Activities pgs. 11 and 12 (*Optional*)

**Getting Ready:**

- Read and familiarize yourself with the book.
- Read instructions for Looking for a Healthy Heart Activity (the last page of the book). Cut out Hardy Heart. You may want to laminate him.

**Note to Helper:**

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

**Lesson Plan:**

What you Say:	What you Do:	What Participants Do:
Today we are going to learn a very important lesson about your heart. Can everyone show me where their Hardy Heart is? Okay, now everyone listen very carefully because I will be asking some questions after the story.	Pull out the plush Hardy Heart.	Put hand over their Hardy Heart.
Start reading the book.	As you read the book, have the students do the Hardy Heart Pump Up! Activity while counting to get their heart pumping. Encourage a lot of movement and energy from the kids as you are going through the book.	Sit quietly and listen until interactive parts of book.
Once you have completed the book... Okay, can everyone stand up and put their hand on their hearts and say the pledge of allegiance just like Hardy?	Stand up and face the flag with your hand on heart and lead the kids in the pledge.	Stand up, face the flag and put hands over heart and recite the pledge.

Who can tell me what Hardy Heart's main job is? (ANSWER: pump blood out to every part of the body)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Did you know you can feel your Hardy Heart at work pumping blood? Put your hand over your heart and see if you can feel it beating. Can you feel it?	Encourage the students to continue to move their hands until they can feel it beating.	Put their hand over their heart to feel it beating.
What types of activities will get your Hardy Heart pumping fast? (ANSWER: all kinds...run, jump, hop, arms up and down, etc.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Everyone looks different from the outside, but we all look the same on the inside. What do all hearts need? (ANSWER: Love!!)	Encourage the class to remember Maria from the book and what she needed to feel better about being the new student.	Respond and answer questions by raising hands.
<b><i>Follow up Activity: Looking for a Healthy Heart</i></b>	Follow instructions for Looking for a Healthy Heart activity sheet.	

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***Optional Follow-up Activity (if using companion activity books):***

- Use pgs. 11 and 12 in the Companion Activity Book