










Elementary Lesson Plans

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 Updated Sep 15, 2014

Annual Education Kits-Elementary Level

2006-07 Balance It Out! Choose Your Fuel and Make Your Move!

- [2006-07 Teacher's Resource Guide \(PDF\)](#)
- [2006-07 Food Cards \(PDF\)](#)
- [Meal Planning Worksheet \(PDF\)](#)
- [Risk Factor Cards \(PDF\)](#)
- [Risky Business Worksheet \(PDF\)](#)
- [Physical Activity Log \(PDF\)](#)
- [About the Heart Poster \(PDF\)](#)
- [Balance It Out Food Categories Poster \(PDF\)](#)
- [About the Circulatory System Poster \(PDF\)](#)
- [2006-07 Risk Factors for Heart Disease Poster \(PDF\)](#)

2007-08 Taking Care of YOU! Using knowledge, food and fitness to keep your body healthy.

- [2007-08 Teacher's Resource Guide \(PDF\)](#)
- [Blank Heart Poster \(PDF\)](#)
- [Completed Heart Poster \(PDF\)](#)
- [Heart Parts Cards \(PDF\)](#)
- [Food Cards \(PDF\)](#)
- [Circuit Activity Cards \(PDF\)](#)
- [What is Cholesterol? Poster \(PDF\)](#)
- [What about Cigarettes? Poster \(PDF\)](#)
- [Physical Activity Pyramid Poster \(PDF\)](#)
- [In Case of Emergency Poster \(PDF\)](#)

2008-09 Totally Healthy YOU Using knowledge, food and fitness to keep your body healthy.

- [2008-09 Teacher's Resource Guide \(PDF\)](#)
- [Jumping Scientist Worksheet \(PDF\)](#)
- [I Am What I Eat Worksheet \(PDF\)](#)
- [Heart Facts Quiz \(PDF\)](#)
- [Heart Station Signs \(PDF\)](#)
- [Team Marathon Challenge List \(PDF\)](#)
- [Jump Rope Routine Worksheet \(PDF\)](#)
- [Internet Scavenger Hunt Sheet \(PDF\)](#)
- [Jump Band Cards](#)
- [Better Food Choices Poster \(PDF\)](#)
- [5 Ways to Say "No" to Tobacco Poster \(PDF\)](#)
- [2008-09 Risk Factors for Heart Disease Poster \(PDF\)](#)
- [Water is Important Poster \(PDF\)](#)

2009-10 It Takes Heart to be a Hero - Learning About Heart Health

- [2009-10 Teacher's Resource Guide \(PDF\)](#)
- [What is a Stroke? Poster \(PDF\)](#)
- [Diagram of the Heart Poster \(PDF\)](#)
- [Risk Factors for Heart Disease Poster \(PDF\)](#)
- [What is a Heart Attack? Poster \(PDF\)](#)

2010-11 It Takes Heart to be a Hero - Learning About Heart Health

- [2010-11 Teacher's Resource Guide \(PDF\)](#)
- [Move It! Poster \(PDF\)](#)
- [Eat It! Poster \(PDF\)](#)
- [Say "NO" to Smoking Poster \(PDF\)](#)
- [2010-11 Your Heart Poster \(PDF\)](#)

2011-12 It Takes Heart to be a Hero - Learning About Heart Health

- [2011-12 Teacher's Resource Guide \(PDF\)](#)
- [Heart Part Labels Sheet \(PDF\)](#)
- [Heart Word Search \(PDF\)](#)
- [Heart Word Search Key \(PDF\)](#)

Popular Articles

- 1 [Understanding Blood Pressure Readings](#)
- 2 [Sodium and Salt](#)
- 3 [What are the Symptoms of High Blood Pressure?](#)
- 4 [All About Heart Rate \(Pulse\)](#)
- 5 [How to Eat Healthy](#)
- 6 [Heart Attack Symptoms in Women](#)
- 7 [Low Blood Pressure - When Blood Pressure Is Too Low](#)
- 8 [Tachycardia | Fast Heart Rate](#)
- 9 [Warning Signs of a Heart Attack](#)
- 10 [Angina \(Chest Pain\)](#)

- [Unlabeled Diagram of the Heart \(PDF\)](#)
- [Labeled Diagram of the Heart \(PDF\)](#)
- [Household Items Labels \(PDF\)](#)
- [Paper Bag Game Sheet \(PDF\)](#)
- [Classroom Activities Progress Chart \(PDF\)](#)
- [Food Journal \(PDF\)](#)
- [My Healthy Dish Sheet \(PDF\)](#)
- [Grocery Store Worksheet \(PDF\)](#)
- [Healthy Report Cards \(PDF\)](#)
- [No Smoking Pledge \(PDF\)](#)
- [Type 2 Diabetes Food and Activity Plan \(PDF\)](#)
- [Eat Healthy Every Day Poster \(PDF\)](#)
- [Your Heart Poster \(PDF\)](#)
- [Have You Taken Care of Your Heart Today? Poster \(PDF\)](#)
- [Be Heart Healthy-Be Active Every Day Poster \(PDF\)](#)

2012-13 It Takes Heart to be a Hero-Learning About Heart Health

- [2012-13 Teacher's Resource Guide \(PDF\)](#)
- [Portion Size Comparison Items Sheet \(PDF\)](#)
- [K-2 Sugar Worksheet \(PDF\)](#)
- [3-5 Sugar Worksheet \(PDF\)](#)
- [Sleep Diary Worksheet \(PDF\)](#)
- [Venn Diagram Worksheet \(PDF\)](#)
- [Get 60 Minutes a Day Poster \(PDF\)](#)
- [Right Size Your Portions Poster \(PDF\)](#)
- [Balance Your Plate Poster \(PDF\)](#)
- [Stay in Balance Poster \(PDF\)](#)

2013-14 It Takes Heart to be a Hero-Learning About Heart Health

- [2013-14 Teacher's Resource Guide \(PDF\)](#)
- [FAST Poster-Face \(PDF\)](#)
- [FAST Poster-Arm \(PDF\)](#)
- [FAST Poster-Speech \(PDF\)](#)
- [FAST Poster-Time \(PDF\)](#)
- [FAST Coloring Sheet \(PDF\)](#)
- [FAST Handout \(PDF\)](#)
- [FAST Memory Cards \(PDF\)](#)
- [Turn it Off Lace it Up Poster \(PDF\)](#)
- [ASA FAST Poster \(PDF\)](#)
- [Heart Puzzle Poster \(PDF\)](#)
- [Eat Your Rainbow \(PDF\)](#)

HEARTPOWER! EDUCATIONAL MATERIALS

GRADE: Pre K

Art/Music/Drama

- [Thumbs Up Game \(PDF\)](#)
- [Healthy-Heart Restaurant Quick Activity \(PDF\)](#)
- [Find Your Heart Quick Activity \(PDF\)](#)
- [What's for Breakfast, Lunch and Dinner? Lesson Idea \(PDF\)](#)
- [The Doctor Is In Quick Activity \(PDF\)](#)
- [Smile for Physical Activity Quick Activity \(PDF\)](#)
- [Did You Ever Mix a Salad? Song \(PDF\)](#)
- [Is Your Heart Getting a Good Workout? Lesson Idea \(PDF\)](#)

Child Development/Decision Making

- [Happy Hearts! Poem \(PDF\)](#)
- [Munchkin Activity Poem \(PDF\)](#)
- [We Don't Like Smoke! Poem \(PDF\)](#)
- [Smoking is Bad For People Poem \(PDF\)](#)
- [Smoke Is No Joke Poem \(PDF\)](#)
- [What's a Snack? Lesson Idea \(PDF\)](#)
- [Choose a Heart Healthy Snack Coloring Activity Sheet \(PDF\)](#)

Health/Science

- [Can You Name Parts of the Body? Lesson Idea \(PDF\)](#)
- [What Is the Heart? Lesson Idea \(PDF\)](#)
- [Where Does the Blood Go? Lesson Idea \(PDF\)](#)
- [What are the Food Groups? Lesson Idea \(PDF\)](#)
- [Why is Smoking Bad For You? Lesson Idea \(PDF\)](#)
- [Why Do We Need Clean Air? Lesson Idea \(PDF\)](#)
- [What's Ponytail's Big News? Lesson Idea \(PDF\)](#)
- ["Take a Look Inside You" Visual \(PDF\); "Take a Look Inside You" Visual \(Spanish PDF\)](#)
- [Hearts On Parade Coloring Activity Sheet \(PDF\); Hearts On Parade Coloring Activity Sheet \(Spanish PDF\)](#)
- [Big News! Straight From the Heart Story \(PDF\)](#)

Physical Education

- [What is Physical Activity? Lesson Idea \(PDF\)](#)
- [What Happens to Our Hearts When We Are Active? Lesson Idea \(PDF\)](#)
- [How Hard Is Your Heart Working? Lesson Idea \(PDF\)](#)
- [Outside Fun & Fitness Coloring Activity Sheet \(PDF\); Outside Fun & Fitness Coloring Activity Sheet \(Spanish PDF\)](#)
- [Inside Fun & Fitness Coloring Activity Sheet \(PDF\); Inside Fun & Fitness Coloring Activity Sheet \(Spanish PDF\)](#)
- ["Take a Look Inside You" Visual \(PDF\); "Take a Look Inside You" Visual \(Spanish PDF\)](#)

Reading/Language Arts

- [What's the Big News? Lesson Idea \(PDF\)](#)
- [What Physical Activities Do Sneakers and His Friends Do? Lesson Idea \(PDF\)](#)
- [Hearts On Parade Coloring Activity Sheet \(PDF\); Hearts On Parade Coloring Activity Sheet \(Spanish PDF\)](#)
- [Choose a Heart Healthy Snack Coloring Activity Sheet \(PDF\)](#)
- [Outside Fun & Fitness Coloring Activity Sheet \(PDF\); Outside Fun & Fitness Coloring Activity Sheet \(Spanish PDF\)](#)
- [Inside Fun & Fitness Coloring Activity Sheet \(PDF\); Inside Fun & Fitness Coloring Activity Sheet \(Spanish PDF\)](#)
- [Big News! Straight From the Heart Story \(PDF\)](#)

GRADE: K-2

Art/Music/Drama

- [Everybody Needs a Heart Song \(PDF\)](#)
- [Healthy-Heart Restaurant Quick Activity \(PDF\)](#)
- [Wise Choices = Healthy Hearts Quick Activity \(PDF\)](#)
- [Tobacco-Free Quilt Quick Activity \(PDF\)](#)
- [A Little, A Lot Quick Activity \(PDF\)](#)
- [Old MacDonald's Heart-Healthy Farm Song \(PDF\)](#)
- [Heart Activity Chain Quick Activity \(PDF\)](#)
- [Build a Healthy Heart Activity Sheet \(PDF\)](#)

Child Development/Decision Making

- [What's in the Basket? Quick Activity \(PDF\)](#)
- [Jump, Thump, Pump! Poem \(PDF\)](#)

Health/Science

- [How Does the Heart Work? Lesson Idea \(PDF\)](#)
- [Why Do We Eat Food? Lesson Idea \(PDF\)](#)
- [Choosing Healthful Foods Lesson Idea \(PDF\)](#)
- [What Is Smoking? Lesson Idea \(PDF\)](#)
- [How Does Physical Activity Help Your Body? Lesson Idea \(PDF\)](#)
- [How Muscles Work Activity Sheet \(PDF\)](#)
- [Follow the Blood Activity Sheet \(PDF\)](#)
- [What Foods Do You Need? Activity Sheet \(PDF\)](#)
- [Making Healthful Choices Activity Sheet \(PDF\)](#)
- [Fruits and Vegetables Activity Sheet \(PDF\)](#)
- [Activities for the Heart Activity Sheet \(PDF\)](#)
- ["Take a Look Inside of You" Visual Quick Activity \(PDF\); \(Spanish PDF\)](#)
- ["What Am I?" Story \(PDF\)](#)
- [Activity Checkup Activity Sheet \(PDF\)](#)

Physical Education

- [Why Is Exercise Good For Your Heart? Lesson Idea \(PDF\)](#)
- [How Does Physical Activity Help Your Body? Lesson Idea \(PDF\)](#)
- [Activities for the Heart Activity Sheet \(PDF\)](#)
- [Activity Checkup Activity Sheet \(PDF\)](#)

Reading/Language Arts

- [Fruits and Vegetables Lesson Idea \(PDF\)](#)
- [The Heart's a Most Important Part Game \(PDF\)](#)
- [Heart Message Quick Activity \(PDF\)](#)
- [Instead of Watching TV, I Could... Quick Activity \(PDF\)](#)
- [Good Advice Picture Puzzle Quick Activity \(PDF\)](#)
- [Heart Message Activity Sheet \(PDF\)](#)
- [Good Advice Picture Puzzle Activity Sheet \(PDF\)](#)
- [Activity Checkup Activity Sheet \(PDF\)](#)
- ["What Am I?" Story \(PDF\)](#)
- [Find Your Way To Heart Health Activity Sheet \(PDF\)](#)
- [Break The Heart Code Activity Sheet \(PDF\)](#)
- [Fruits and Vegetables Activity Sheet \(PDF\)](#)

[Answer Key for K-2 Activity Sheets \(PDF\)](#)

GRADE: 3-5

Art/Music/Drama

- [Songs of the Heart Song \(PDF\)](#)
- [Healthy-Heart Minute Quick Activity \(PDF\)](#)
- [Heart-y Lunch Quick Activity \(PDF\)](#)

- [I Am a Winner Quick Activity \(PDF\)](#)

Child Development/Decision Making

- [Making Choices Quick Activity \(PDF\)](#)
- [More or Less Quick Activity \(PDF\)](#)
- [What Factors Affect Exercise Habits? Lesson Idea \(PDF\)](#)
- [What Does Advertising Say About Smoking? Lesson Idea \(PDF\)](#)
- [What's Your Activity IQ? Activity Sheet \(PDF\)](#)

Health/Science

- [Healthy-Heart Minute Quick Activity \(PDF\)](#)
- [Target: No Smoking Game \(PDF\)](#)
- [A Bunch of Reasons Not To Smoke Quick Activity \(PDF\)](#)
- [Stand and Deliver Game \(PDF\)](#)
- [What Does the Heart Do? Lesson Idea \(PDF\)](#)
- [How Does Blood Circulate? Lesson Idea \(PDF\)](#)
- [How Do Foods Help Our Bodies? Lesson Idea \(PDF\)](#)
- [How Do You Choose Snacks and Other Foods? Lesson Idea \(PDF\)](#)
- [How Does Physical Activity Help You Lesson Idea \(PDF\)](#)
- [How Can You Stay Fit? Lesson Idea \(PDF\)](#)
- [Healthy-Heart Menus Activity Sheet \(PDF\)](#)
- [Label the Heart's Parts Activity Sheet \(PDF\)](#)
- [What's in Foods? Activity Sheet \(PDF\)](#)
- [Be Choosy! Activity Sheet \(PDF\)](#)
- [Rate that Snack! Activity Sheet \(PDF\)](#)
- ["What Am I?" Story \(PDF\)](#)
- [Why Do People Exercise? Activity Sheet \(PDF\)](#)
- [What's Your Activity IQ? Activity Sheet \(PDF\)](#)

Mathematics

- [Physical Activity Math Quick Activity \(PDF\)](#)

Physical Education

- [Path to a Healthier Heart Quick Activity \(PDF\)](#)
- [Physical Activity Grab Bag Quick Activity \(PDF\)](#)

Reading/Language Arts

- [What's on the Food TV? Quick Activity \(PDF\)](#)
- [V is for Vitamins Quick Activity \(PDF\)](#)
- [Activities Pyramid Quick Activity \(PDF\)](#)
- [No-Smoking Dialogue Quick Activity \(PDF\)](#)
- [Activities Pyramid Activity Sheet \(PDF\)](#)
- [Heart Word Game Activity Sheet \(PDF\)](#)
- [Why Do People Exercise? Activity Sheet \(PDF\)](#)

About Us

Our mission is to build healthier lives, free of cardiovascular diseases and stroke. That single purpose drives all we do. The need for our work is beyond question. [Find Out More](#)



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- [Healthy Living](#)
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The Warning Signs

Online Communities

Heart and Stroke Encyclopedia

Volunteer

Our Sites

- [American Heart Association](#)
- [American Stroke Association](#)
- [My Life Check](#)
- [Heart360](#)
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