

Kleist Health Education Center



**...starting children
and young adults on
a lifetime journey of
healthy living!**

***Enabling individuals to enjoy longer,
healthier lives!***



The Kleist Health Education Center (KHEC) is a non-profit state-of-the-art health education building on the Florida Gulf Coast University campus in Fort Myers, Florida.

The KHEC is one of only 32 health education centers in the United States and the only one of its kind in the state of Florida.

Visiting students receive motivating health education instruction from master's and doctoral level health educators. Instructors combine interactive teaching techniques with computerized visual aids to help impact student learning and decision-making skills. Students learn that the choices they make today will affect their own future and the future of our society.



This learning lesson is for children in Grades K- 2
Please use these slides to help guide you through your learning experience
with your children/students.
New vocabulary words are **bolded**

The **goals** of this *Learning Lesson* are:

- 1) To teach children that the heart is a critical working organ and is needed to maintain life.
- 2) To teach children how to maintain a healthy heart and lifestyle.

What are you doing when you are not in school?



-Are you watching TV?

-Are you playing outdoors?

-Are you helping your parents around the house?

-Are you keeping your heart healthy?



This slide is to be used as an introduction to emphasize the importance of moving/active and not being **sedentary (still)**.

Discuss each of these questions with your children.

- Find your heart

- What is it doing?

- Why do you need a heart?

- Count your heartbeats for 30 seconds

-This slide can be used to introduce and locate the **heart** (left side of the chest)

-Let the child find the heart and count the amount of **heartbeats** for 30 seconds while at **rest**.

-Ask the child to run in place for 30 seconds then feel the difference; compare between a resting heartrate and an active heartrate

-Discuss the importance of the heart functions, (example: pumps blood throughout the body, supplies oxygen and removes carbon dioxide from the body.)

-The heart in the major organ of the **circulatory system**.

-The circulatory system is made up of the heart, blood vessels, capillaries, arteries, and veins.



- Discuss different ways to move and be **active**..
- Ask the children to list activities that will **increase** the heartrate. Examples: running, swimming, biking, soccer.
- When we move the heart beats??? Faster. Why? Answer: When we move, the heart beats faster because it is working harder to do its job
- Discuss additional activities that make the heart beat faster and slower.



- Discuss the difference between sedentary (still) and **active (moving)** activities.
- Which type of activity would be better for the heart and the body?
- Children should have no more than 2 hours of **screen time** a day. Screen time limits physical activity.
- Discuss setting daily activity goals and setting limits with screen time.
- Activity**-Create a daily exercise log or journal to record activities.



- Discuss with children the health **consequences** of not moving daily.
- Examples may be: Becoming overweight, tired, lack of energy, isolation from others.
- Any others?

FUN EXERCISE VIDEOS

Trolls: Can't Stop The Feeling

A Cosmic Kids Yoga Adventure!

Kids Learn a Dance

Jr. Kids Zumba



Additional Resources

- The Heart Slideshow
- Fitness-Nutrition Center
- BMI Chart Resource
- How The Body Works Fun Page



Here is a list of additional resources to help extend your Learning Lesson.

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**Thank you for using our KHEC resources.
We hope that you found this short learning lessons helpful!
Please contact us at: 239-590-7459 to make a program reservation for
your school or class.
Please visit our website: ww.fgcu.edu/KHEC**