

LESSON TITLE: *All Hearts Need Love*

Recommended Grade Level: 1st Grade

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
- Identifying iron-rich foods for blood health (*see additional nutrition concept*)

What you need for the Lesson:

- *All Hearts Need Love!* book
- Hardy Heart Educational Tool (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book

Learning Activity:

- Companion Activity Book pgs. 5 and 6 or download the Activities Sheets found beneath the book (*optional: for follow up activities*)

Getting Ready:

- Read and familiarize yourself with the book.

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 the illustrations.

* Reminder to check out state specific curriculum standards for this story and all OrganWise Guys materials at <https://organwiseguys.com/curriculum/>.

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.	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 heart 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 to every body part)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hands.
Did you know you could feel your Hardy Heart at work pumping blood? Put your hand over your heart. Do you feel it beating?	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: run, jump, hop, arms up, etc.)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hands.
Everyone looks different on the outside, but we're all 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.
Additional Nutrition Concept: Discuss with children the importance of iron for blood health. Bring in samples of iron-rich foods. Ask children to identify them. Examples of iron-rich food items are iron-fortified cereal, whole grain bread, oatmeal, sunflower seeds, green leafy vegetables, etc.	Call on students who have raised their hand to answer the question.	Call on students who have raised their hands to answer the question.

Optional Follow-up Activities:

- Use pgs. 5 and 6 in the Companion Activity Book or download the Activities Sheets found beneath the book.
- View the three short videos (1-2 minutes) found below the Activity Sheets.