



National Heart Week

Activities for services



A Healthy Heart is a Happy Heart

National Heart Week is an initiative of the National Heart Foundation which aims to promote heart health. It starts on the first Sunday in May and runs for one week.

The Munch & Move key messages to be promoted during Heart Week are 'Eat more fruit & vegetables', 'Choose healthier snacks' and 'Get active each day'. These messages help to maintain a healthy body and organs.



COUNT THE BEATS!

A great way to get children thinking about their hearts during Heart Week is to ask children, before and after all planned physical activity, to put their hands on their hearts and **'Count the Beats'**. Discuss the difference between beats before and after exercise. You could also use a stethoscope to let the children hear their heart beating the blood around the body. Get the children to count how many times they hear their heart beat in 10 seconds

Activity Ideas

Ask children what they think a healthy heart looks like and draw what they describe. Do the same for an unhealthy heart. Or find a picture on the internet by searching 'healthy heart'. With your picture make a Healthy Heart poster and an Unhealthy Heart poster. Below are some ideas for children to include on the poster.

Healthy Heart:

- Healthy food & drinks
- Physical activity like playing in the park
- Walking pets



Unhealthy Heart:

- Unhealthy food & drinks
- Watching TV or using electronic media
- Activities where people are sitting and not being active



Pump It Up! Show children how the heart works by using a squeezable drink bottle with water. Have the children squeeze the water bottle to see how far the water squirts out. This can then be compared to how the heart pumps blood around the body. Discuss how far the heart needs to pump the blood e.g. all the way to the tips of the toes and fingers.



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Physical Activity Ideas

Jump Rope for Heart activities:

- Wiggling the rope on the ground for children to jump over. This helps children practice the Fundamental Movement Skill of 'jumping'. You can make it more challenging by lifting the rope higher (not so high that they will trip).



Mini Boot Camp: Make an obstacle course for the children or play follow the leader, getting the children to jump, hop and skip over different objects.

Some ideas include:

- Tyre runs (using hoops as tyres)
- Move the Mound - have a pile or group of items that children have to move to another area as fast as they can
- Commando crawl - Map out a safe crawling route including tunnels, crawling over objects (e.g. cushions or logs), crawling in and out of cones.



A game of leap frog... jumping into a variety of different hoops which are on the ground. See how many different coloured hoops the children can jump into in 30 seconds.

- Teach the children to skip by using a hula hoop on the spot and getting children to walk through it, then progress to jumping and skipping whilst moving as the children become more capable.



Other simple activities:

- Running relays
- Running games such as Bulrush, What's the Time Mr Wolf or Stuck in the mud





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Chicken and Apricot Rissoles

Ingredients:

- 4 slices wholegrain bread
- 500g premium lean chicken mince
- 1/3 cup finely chopped chives
- 1/2 cup dried apricots, diced
- 1/3 cup plain flour
- 1/3 cup reduced fat mayonnaise
- 1 red capsicum, cubed
- 1 Lebanese cucumber, halved lengthways, sliced
- 100g mixed salad greens
- Olive oil spray*



*Products available with the Heart Foundation Tick.

Method:

1. Tear bread into small pieces. Place in a food processor. Process for 30 seconds until fine breadcrumbs form. Transfer to a large bowl.
2. Add mince, $\frac{1}{4}$ cup chives and the apricots. Mix well to combine. Using $\frac{1}{3}$ cup mixture at a time, shape into eight 2cm-thick rissoles. Place flour on a plate. Coat rissoles in flour, shaking off excess. Place on a plate. Cover and refrigerate for 30 minutes, if time permits.
3. Meanwhile, combine mayonnaise and remaining chives in a bowl. Cover and refrigerate. Place capsicum, cucumber and salad greens in a bowl. Toss to combine.
4. Preheat a barbecue plate or chargrill on medium-low heat. Spray both sides of rissoles with oil. Cook, turning occasionally, for 12 to 15 minutes or until cooked through. Serve rissoles with chive mayonnaise and salad.

Recipe accessed at www.healthykids.nsw.gov.au

Related Storybooks & Songs

- The Adventures of Captain Heart by Eugene Lipov and Sam Lipov
- The Very Hungry Caterpillar by Eric Carle
- Broccoli Brad Goes Completely Mad by Duke Christoffersen
- Oliver's Vegetables by Vivian French



Together with your children, make up a song including actions about a healthy or unhealthy heart. You could sing your song to a tune you and the children are already familiar with. E.g. Twinkle Twinkle Little Star:



Running running very fast,
Faster than a racing car,
Thump thump thump is the sound of my heart,
Healthy eating will give it a kick start
How about you and the children create the second verse!

Useful websites

Healthy Kids Association: www.healthykids.nsw.gov.au
Heart Foundation: www.heartfoundation.org.au/
Australian dietary guidelines: www.eatforhealth.gov.au/