

IF YOU'RE HAPPY & YOU KNOW IT...REMIX!



Goals: Children will learn how their bodies feel when they are exercising (hearts beat faster, breathe harder, thirsty and sweaty). Children will also learn that playing hard is equal to exercising.

Fundamental Movement: Stability—squatting, stretching, jumping in place, etc).

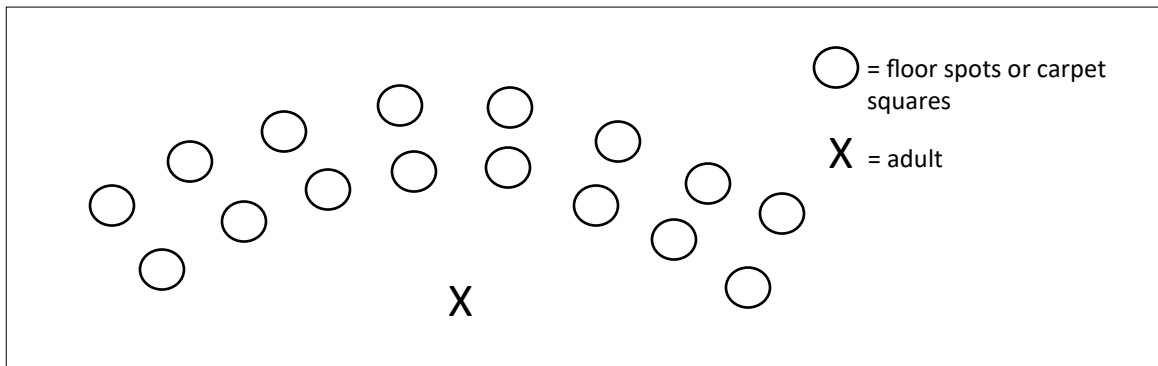


Materials:

- Carpet square, floor spots, or hula hoops
- Smart Moves 2 CD Track #17: "Build a Bridge (Warp Speed)" - optional

Set up:

You may set up like the image below, or in your normal story or circle time arrangement, with each child having enough room to spread out their arms without touching another child.



How to Play

- Remind children that we have talked about how foods help bodies to grow, but today we will talk about something different that helps bodies to grow: Exercise!
 - *"Raise your hand if you like to exercise? Now raise your hand if you like to play hard? Exercise and playing hard are the same thing! Today we will exercise by playing 3 games."*
- Lead children in singing "If You're Happy and You Know it," including demonstrating the motions listed below. First, sing it through at a moderate tempo with no music to give children a chance to learn the motions.
 - If you're happy and you know it:
 - Clap your hands
 - Tap your nose
 - Flap your arms (in front of your body in very small spaces)
 - Stomp your feet
 - Do some squats
 - Jump Around (end with "and then sit down!" to end song with all children sitting)

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- While children are sitting, show them how to feel their heart beating.
 - *“Why is our heart beating so fast? Because we are playing really hard, or exercising!” Playing hard helps bodies to grow bigger and stronger.”*
- Lead children in the same song again, but this time, speed up the song as you sing it (use #17 on Smart Moves 2: Build a Bridge Warp Speed, if available. If you do not have access to this CD, sing the song with no music again, but sing faster, and increase speed as you sing). End by sitting down.
- Talk with children about how they feel after singing and moving so fast.
 - *“How do you feel? If you feel a little hot, raise your hand. If you feel a little thirsty, raise your hand. Who is breathing harder?”*
 - *“Feel your heartbeat again, and try to be very quiet. Is your heart beating faster or slower than before? (faster) Why is it going faster? (moved bodies faster). This is how exercise makes us feel!”*
- Discuss other ways to play hard.
 - *“What else do you do that makes your heart beat faster? How do you like to play hard?”* (Dancing, running, jumping, swimming, gymnastics, playing at park, riding bike, basketball, etc.) Note: If children answer with sedentary activities, like watching movies or playing on tablet, gently remind them that playing hard means that their heart beats faster, which may not be happening while doing those activities.
- Talk to children about what we should drink after playing hard.
 - *“What is the BEST thing to drink when our hearts beat fast, when we’re breathing hard, and we’re thirsty, hot, and sweaty? (water!)* Note: If children answer with milk, let them know that milk is great to drink at meals or snacks, but water is even better when hearts are beating fast after playing hard. If they answer with any other drink (juice, soda, etc.), then explain that water is even better.

