

# The Heart Dance

**Wiggle, wiggle, wiggle.  
Jiggle, jiggle, jiggle.  
Dance, dance, dance.**

*(Now dance really fast!)*

**Prance, prance, prance.  
Hop, hop, hop.  
Stop, stop, stop!**

**Feel your lungs  
breathe in and out,  
As you laugh and sing  
and dance about!**

**Now here comes the resting part,  
Stop right there and  
feel your heart.**

**Is it beating fast?  
How do you know?  
When you're ready to move  
say, "Go! Go! Go!"**



**Say it, do it!** < Sing and dance!  
As children dance together, they will learn that moving their bodies makes their hearts and lungs work harder, and this keeps them strong and healthy.

- Lead children in the actions listed in the song.
- Help them notice their quicker breathing and heart rates and guide them to understand that movement causes a change in heartbeat.
- To work on rhyming skills, shout out the rhyming word at the end of each line (out/about, part/heart, and so on).



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