

# Heartsmart Kids™

## Action Rhymes

Have fun and get active!

Create body motions to match these rhymes!

Wiggle, jiggle, move those feet,  
Make your heart go beat-beat-beat!

Wiggle, jiggle, hop and jump,  
Make your heart go pump-pump-pump!

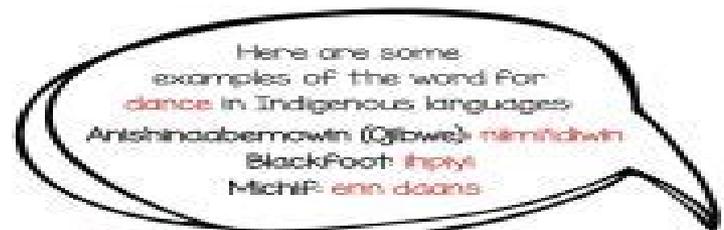
Wiggle, jiggle, shiver, shake,  
Play each day for your heart's sake.



Swinging, twisting, swaying  
- [clap] just keep playing!

Running, skipping, pumping  
- [clap] just keep jumping!

Shaking, jiving, grooving  
- [clap] just keep moving!



Hey, I'm real smart  
- I keep a healthy heart.

Here's what I eat  
- Good, fresh healthy treats.

Run, jump skip, skate  
- My heart feels great.

No puffin' for me  
- I live smoke free.

Hey! I'm real smart  
- I keep a healthy heart!



As you chant this rhyme to an even four-count beat, make up your own arm or body motions. Or see if you can come up with a fun clapping pattern.

# Action Rhymes And Rhythms

**R Bogdan**



## **Action Rhymes And Rhythms:**

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