

Name: _____ **Date:** _____

Hyper Heartbeats: Helping Kindergarten Heroes Understand Exercise

Compare rapid heart rates and heavy breathing after hopping and spinning to realize how bodies work harder during play.

1. Imagine you are pretending to be a slow, sleepy turtle. Then, you pretend to be a fast, zooming race car. Which one makes your heart beat like a loud drum?

- A. Sleeping in a shell
- B. Zooming fast like a car
- C. Sitting very still
- D. Taking a quiet nap

2. True or False: When you run very fast on the playground, your body needs to take more breaths of air.

- A. True
- B. False

3. After jumping up and down ten times, my skin feels ____ because my body is working hard.

- A. Cold and icy
- B. Warm or hot
- C. Blue and sparkly
- D. Dry and chilly

4. If you want to make your leg muscles strong like a superhero, which activity should you do every day?

- A. Watch a long movie
- B. Play a hopping game
- C. Listen to a story
- D. Draw a picture

5. True or False: Your heart is a muscle that gets stronger when you play tag or dance.

- A. True
- B. False

6. When we stop running and sit down to rest, our fast breathing starts to ____.

- A. Go faster
- B. Stop forever
- C. Slow down
- D. Turn into a whistle

7. Which of these is a sign that your body is working hard during a game of soccer?

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- A. You feel like taking a nap
- B. Your face looks a little red
- C. Your feet feel very cold
- D. You feel very bored

8. True or False: Exercise is only good for your legs, not the rest of your body.

- A. True
- B. False

9. If you practice balancing on one foot every day, your body will learn to be ____.

- A. Sillier
- B. Better at balancing
- C. Worse at standing
- D. Heavier

10. Why do we drink water after we run and play in the sun?

- A. To make our shoes grow
- B. To help our body cool down and recover
- C. To change our hair color
- D. To help us sleep instantly