

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.

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**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?**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

- 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