



## DAISY HEART SMART PATCH

Complete 4 activities from this list. Patches are available at the GSSNE shop.  
This is a Council recognized patch and is worn on the back of the uniform or vest.

1. Your heart is a muscle that pumps blood to all parts of your body. Locate your heart. Use a stethoscope to listen to your heart and a friend's heart.
2. Raw fruits and vegetables make good, heart healthy snacks. Identify at least 8 fruits and vegetables. Serve 2 of these for a snack.
3. Trace the body of a girl on butcher paper or newsprint. Cut out pictures of healthy foods from magazines and paste on the traced body to show that healthy foods make your body grow. This can be done as a whole troop project.
4. Exercise is important for good health. Exercise can be fun, such as riding a bike, running, swimming, etc. Make a list of at least eight fun ways to exercise. With your troop, practice three of these physical activities.
5. Learn two songs from the back of this sheet about heart health. Sing them for your troop and family. OR Make up your own song about heart health.
6. Pretend you are the Tin Man from the Wizard of Oz, and tell your troop and friends about the heart healthy rules for good nutrition, exercise, and no smoking. You can make a Tin Man costume from a cardboard box or paper bag. Cut out holes for your head and arms, paint it silver or cover it with tin foil.
7. Draw a picture of the Tin Man following one of the heart healthy rules – eating healthy foods, exercising or saying “no” to smoking.

**NOTE:** Contact the GSSNE office to borrow the American Heart Association leader's guide and materials to assist you with Daisy age level program. This program resource kit was donated to GSSNE by the Woonsocket Girl Scout Service Unit.

For more information and resources check the American Heart Association website at [www.heart.org](http://www.heart.org).

*Turn over for songs*



# HEART SONGS

The following two songs are sung to the tune of "Mulberry Bush". Make up actions to go along with the verse.

1. **We Hear Our Hearts**

This is the way we hear our hearts,  
Hear our hearts, hear our hearts.  
This is the way we hear our hearts,  
Morning, noon and nighttime.

This is the way we feel our hearts,  
Feel our hearts, feel our hearts.  
This is the way we feel our hearts,  
Morning, noon and nighttime.

This is the way we rest our hearts,  
Rest our hearts, rest our hearts.  
This is the way we rest our hearts,  
Morning, noon and nighttime.

2. **Heart Exercise Song**

This is the way we climb a tree,  
Climb a tree, climb a tree.  
This is the way we climb a tree,  
To help our hearts grow stronger.

***Other verses:***

- 2) This is the way we ride our bikes
- 3) This is the way swim the pool
- 4) This is the way jump up and down

***Make up your own verses.***

3. **My Pump (Tune – The Wheels on the Bus)**

I have a heart and my heart pumps blood, heart pumps blood, heart pumps blood.  
I have a heart and my heart pumps blood.  
Lub-dub - lub-dub - lub-dub – (*regular rhythm*)

I hurry up and my heart pumps faster,  
Heart pumps faster, heart pumps faster.  
I hurry up and my heart pumps faster,  
Lub-dub - lub-dub - lub-dub – (*fast rhythm*)

I slow down and my heart pumps slower,  
Heart pumps slower, heart pumps slower.  
I slow down and my heart pumps slower,  
Lub-dub - lub-dub - lub-dub – (*slow rhythm*)