



TEXAS HEART INSTITUTE

at St. Luke's Episcopal Hospital

Project Heart

Activities for the Classroom

Do you know what your heart does?

This poem will help you remember the heart is a muscle that pumps blood through your body.

ANATOMY

WHAT DOES YOUR HEART DO?

I Have A Heart

I have a heart *(point to your heart)*
You have one too. *(point to your friend)*
We all have a heart, *(point to everyone)*
But what does it do? *(shrug your shoulders)*

My heart is a muscle
That makes me strong. *(flex your arm muscles)*
My heart pumps blood *(make sweeping motion from head to toes)*
through me all day long. *(jump up and down)*