

Busy Feet in Yellow Room^{15.9.2025}

In Yellow Room, we do Busy Feet every week to promote physical exercise and healthier lifestyles. Busy Feet helps us to be active, build up our physical skills by moving our bodies in different ways. This week we explored the impact that physical exercise has on our hearts and how we keep our hearts healthy. We felt our heart beating before and after exercise.



Talking points/Key questions:

Where is your heart?

What does our heart do?

Why do we need to do exercise?

What animal movement comes next?

How can we move like that animal?