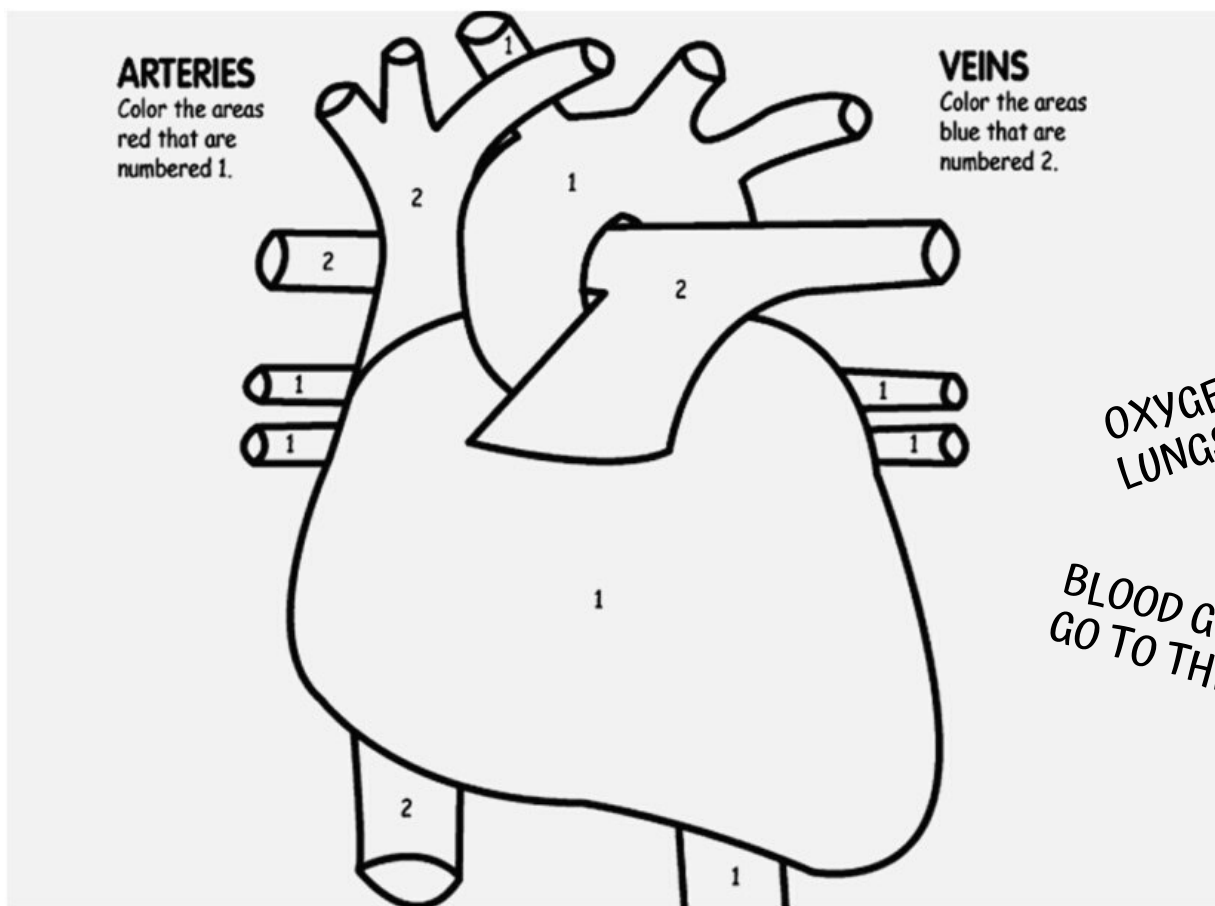


THE HEART: FEEL THE BEAT

First thing's first, let's find our heart beat. Take your pointer and middle finger and place on your neck next to your wind pipe, or if you can't find it, just place your hand on your chest. How many times does it beat in 15 seconds? Now jump up and down for 30 seconds. How many times does it beat NOW? Did it start beating faster? Why is that? Well let's start with the basics.



ARTERIES

Color the areas red that are numbered 1.

VEINS

Color the areas blue that are numbered 2.

COLOR ME

OXYGEN RICH BLOOD FROM LUNGS = RED

BLOOD GETTING READY TO GO TO THE LUNGS = BLUE

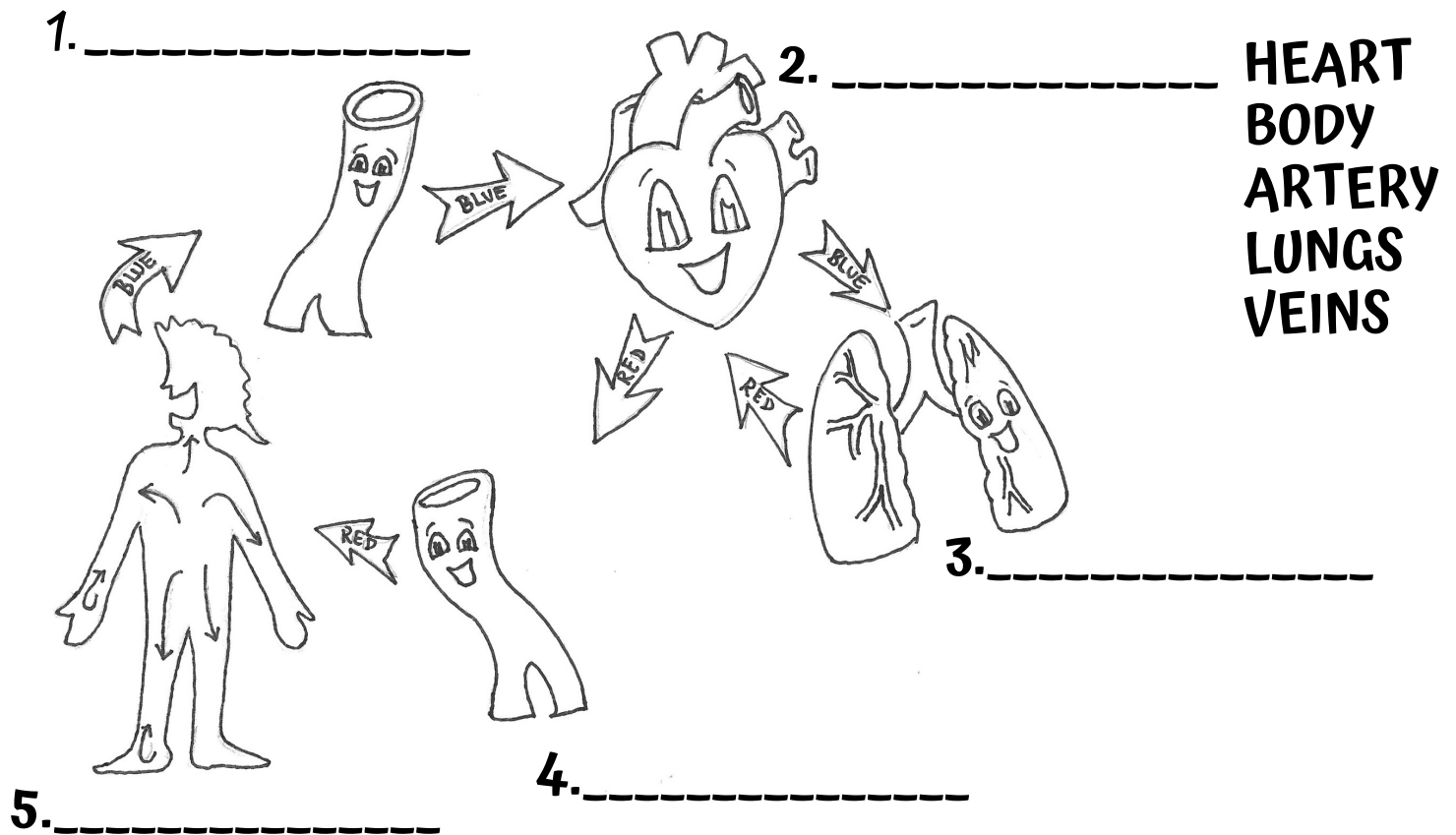
Your heart is a muscle whose job is to pump blood. The right side of your heart receives blood from the body and pumps it to the lungs to get oxygen (blue). The left side of the heart, receives oxygen rich blood from the lungs and pumps it out to the body (red). When blood is oxygen rich, it's red!

So now we know about the right vs left side of the heart, but let's look at it a little more specifically. First we have the veins. Veins are blood vessels that carry blood to the heart (blue blood). The heart then pumps to send the blood to the lungs to become oxygenated. The oxygenated blood (red) is carried back to the heart. The heart pumps again sending the red blood to the body to oxygenate your organs, muscles etc (that's what keeps you alive!). The body will return the now less oxygenated blood back to the veins where it starts all over again! This is called the **CIRCULATORY SYSTEM!** COOL HUH?!



CIRCULATORY SYSTEM DIAGRAM

MATCH THE CORRECT NAME TO THE DRAWING



Answer Key: 1. Veins 2. Heart 3. Lungs 4. Artery 5. Body

DID YOU KNOW?



The heart is a muscle. And just like with other muscles, your heart gets stronger with exercise! So it's important to be active everyday and keep your heart happy and healthy. Activities like walking, running, skipping, biking, hiking, jump, and swimming are all great examples of exercise healthy for your heart. When we exercise our body needs more oxygen to function so our heart needs to beat faster!