

Your Super Heart Pump!

Introduction: Your Body's Beat (5 minutes)

Ask the student: "Have you ever heard your heartbeat? What do you think your heart does?" Let's listen! Place your ear gently on the student's chest (or use the paper towel roll/stethoscope with one end on their chest and the other near your ear). Listen for the 'lub-dub' sound. Explain that this is their amazing heart working hard!

Activity 1: Meet Your Heart! (10 minutes)

Explain: "Your heart is a super strong muscle located in your chest, about the size of your fist. Its main job is to pump blood all around your body, delivering oxygen and nutrients everywhere, like a delivery truck!"

Activity: On the large paper, have the student trace their fist in the center to represent the size of their heart. Draw a simple heart shape around the fist tracing. Explain it has different parts (chambers) but for today, we'll focus on its main job: PUMPING!

Activity 2: Blood Highways (15 minutes)

Explain: "How does the blood get around? It travels through special tubes called blood vessels. Think of them like highways! There are two main types: arteries (carrying blood *away* from the heart - let's color these red!) and veins (carrying blood *back* to the heart - let's color these blue!)."

Activity: Using the red and blue crayons/markers, have the student draw simple red tubes (arteries) going away from the heart drawing and blue tubes (veins) coming back towards the heart drawing on the large paper. You can draw a simple outline of a body around the heart and vessels if desired. Optional: Use red and blue playdough to make the vessel 'tubes'.

Activity 3: Feel the Pulse! (15 minutes)

Explain: "Every time your heart pumps, it sends a little wave of blood through your arteries. You can feel this wave - it's called your pulse! It tells us how fast your heart is beating."

Activity:

1. Show the student how to find their pulse. The easiest places are the side of the neck (carotid artery) or the wrist (radial artery). Use two fingers (not the thumb) and press gently.
2. Once they find it, use the stopwatch to count the beats for 30 seconds. Multiply by 2 to get beats per minute (BPM). Record this number (Resting Heart Rate).
3. Now, let's get the heart working harder! Have the student do jumping jacks or run in place for 1 minute.
4. Immediately after exercise, have them find their pulse again and count for 30 seconds. Multiply by 2. Record this number (Active Heart Rate).
5. Discuss: "What happened to your pulse after exercise? Why do you think it got faster?" (Answer: Your body needed more oxygen, so the heart pumped faster to deliver it!).

Wrap-up & Review (5 minutes)

Review the drawing and ask questions: "What is this organ called? (Heart) What does it do? (Pumps blood) What do we call the tubes blood travels in? (Blood vessels) What did we feel in our neck/wrist?"

(Pulse) Why did our pulse get faster when we exercised? (Heart works harder)"

Congratulate the student on learning about their amazing cardiovascular system!