



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Lub-dub, lub-dub! That harmonious rhythm is the sound of your heart doing its job! The following discussion questions and activities will help your students learn more about the cardiovascular system and how it circulates blood throughout the body.

## Related KidsHealth Links

### Articles for Kids:

#### Movie: Cardiovascular System

[KidsHealth.org/kid/closet/movies/how\\_the\\_body\\_works\\_interim.html](http://KidsHealth.org/kid/closet/movies/how_the_body_works_interim.html)

#### All About the Heart

[KidsHealth.org/kid/body/heart\\_noSW.html](http://KidsHealth.org/kid/body/heart_noSW.html)

#### Heart Disease

[KidsHealth.org/kid/grownup/conditions/heart\\_disease.html](http://KidsHealth.org/kid/grownup/conditions/heart_disease.html)

### Articles for Teens:

#### Heart and Circulatory System

[KidsHealth.org/teen/your\\_body/body\\_basics/heart.html](http://KidsHealth.org/teen/your_body/body_basics/heart.html)

#### Blood

[KidsHealth.org/teen/your\\_body/body\\_basics/blood.html](http://KidsHealth.org/teen/your_body/body_basics/blood.html)

#### Hypertension (High Blood Pressure)

[KidsHealth.org/teen/diseases\\_conditions/heart/hypertension.html](http://KidsHealth.org/teen/diseases_conditions/heart/hypertension.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Your heart is a muscle about the size of your fist. Compare it to other muscles. Can you control it like you do the muscles in your arms or legs? Can you exercise it like you do other muscles? Why or why not?
2. Exercise isn't the only way to keep the heart healthy. Brainstorm a list of ways to keep the cardiovascular system in tip-top shape. What can happen if this system becomes unhealthy?
3. The cardiovascular system has been called the body's lifeline. Discuss why this body system has earned this nickname. Compare the cardiovascular system to other "lifelines" outside the human body. How are they similar and different?
4. The cardiovascular system interacts with other body systems as it circulates blood. Discuss the nature of these interactions. What happens if another system isn't working properly? Can the cardiovascular system still do its job?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Beep, Beep! Blood Coming Through!

#### Objectives:

Students will:

- Learn about the structure and function of the cardiovascular system
- Discover the path blood takes throughout the body
- Explore how the cardiovascular system interacts with other body systems

#### Materials:

- Computer with Internet access
- Plain, unlined paper
- Art supplies (pens, markers, crayons)

#### Class Time:

3 to 4 hours

#### Activity:

Did you ever want to star on the big screen? Well, you've just had your first big break! Working in small groups, write and direct a play in which you act out the responsibilities of the cardiovascular system, circulating blood throughout the body. Use the articles at KidsHealth to gather all the information you need about the parts of the cardiovascular system and their jobs. Make sure to include the heart, kidneys, lungs, and blood vessels in your depiction, using paper and art supplies to label the individual elements. Then perform your play for younger students to share what you've learned about the cardiovascular system.

#### Extension:

1. Certain conditions can affect the functioning of the heart. Using information found in KidsHealth articles, revise your play to depict a cardiovascular system with heart disease.

### Under Pressure ... Blood Pressure, That Is!

#### Objective:

Students will:

- Learn about blood pressure and its importance for the functioning of the cardiovascular system

#### Materials:

- Computer with Internet access
- Pen and paper or computer word processing program

#### Class Time:

1 hour

**Activity:**

It's time to dispel the mystery of what the nurse is really doing when that cuff goes on your arm! Dr. Goodmedicine, a local pediatrician, has just hired you to write a brochure that she can share with her young patients about blood pressure. Read the articles at KidsHealth to learn about blood pressure. Then write your pamphlet, including the following information:

- What blood pressure is
- Why it's important
- How it's measured
- What the numbers mean (systolic and diastolic pressure)

**A Realistic Valentine****Objectives:**

Students will:

- Explore the structure of the heart
- Label a heart diagram with appropriate terminology
- Demonstrate understanding of the functioning of the heart

**Materials:**

- Computer with Internet access
- Heart Diagram handout (available at: [KidsHealth.org/classroom/6to8/body/systems/cardiovascular\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/body/systems/cardiovascular_handout1.pdf))

**Class Time:**

45 minutes

**Activity:**

Most of the cards given on Valentine's Day have drawings of hearts and sappy poems that start with "Roses are red." Well, it's time to make a realistic valentine! Check out KidsHealth articles to see what the heart really looks like. Using that information, label the Heart Diagram. Once you have the illustration covered, then you're ready to figure out how blood actually flows through the heart. With the help of KidsHealth, write a poem for your valentine that explains how the heart works. Make sure you include the following terminology in your poem: atria, ventricles, valves, and septum.

**Reproducible Materials****Handout: Heart Diagram**

[KidsHealth.org/classroom/6to8/body/systems/cardiovascular\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/body/systems/cardiovascular_handout1.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Heart Diagram

Instructions: Label the parts of the heart. Then, turn this page over and write a poem that explains how the heart works.

