

Parent Guide: Heart and Blood

Heart Is A Pump, Make A Stethoscope, Hear Your Heartbeat

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Heart Is A Pump

Lub Dub, Lub Dub! Make a simulated heart to see how the pumping action moves blood through our body.

Supplies Needed:

- wide mouth jar
- balloons
- skewer
- 2 flexible straws
- scissors
- tub or pail to collect water spills
- sponge

Join us on our Facebook page for instructions!

2

Make A Stethoscope

Make a homemade stethoscope to listen to and monitor your heartbeat.

Supplies Needed:

- paper towel tube
- plastic cup
- aluminum foil
- tape
- stickers (optional)
- glue

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Hear Your Heartbeat

Now that we've learned how the heart pumps and have made a tool to listen, let's get our blood pumping faster and see what it sounds like. Use your stethoscope from above and listen to your heart while resting. Next, walk up and down a set of stairs twice, listen again. Then do 20 jumping jacks, listen. Lastly, dance to your favorite song, and you got it - listen. How does your heartbeat change as you increase your movement? You can even use a stopwatch to count how many beats per minute after each activity.