

My Circulatory System and Keeping it Safe

Objective

Students will understand that their heart is a pump that sends blood to all parts of their body supplying oxygen so they can run and play. They will also understand that cigarettes damage the heart making it too tired to do its job. They will sign a pledge to be tobacco free.

Materials Needed

Pencils

Rubber stress hearts (or appropriate squeezable substitute)

Materials Provided

Color “How Your Circulatory System Works” diagram

Student handouts (2):

1. My Circulatory System
2. Student pledge certificate

Tobacco Free Kids Club Class pledge poster

Essential Academic Learning Requirements Fulfilled

Health and Fitness

Health Skills: 2.1 Understand simple circulatory system function

Influencing Factors: 3.2 Understand the harmful effects of cigarettes on the heart.

Science

Life Science: 1.2 Identify the parts of the circulatory system

New Words

Heart, pump, heartbeat, circulatory system, oxygen, brain, tobacco, cigarettes

(These words are in bold the first time they appear in the activity.)

Class Time

30 minutes

Teacher Preparation

Read the Overview on Tobacco Facts and the Circulatory System.

Step 1: Learn about your circulatory system.

- 1) **Distribute “My Circulatory System” handout.**
- 2) **Use the color “How Your Circulatory System Works” diagram as a model for the students.**
- 3) **Tell students:**
This is what your **heart** looks like.
It is located near the center of your chest.
- 4) **Ask students to:**
Point to where your heart is in your body.
- 5) **Tell students:**
Your heart **pumps** blood through these tubes to all parts of your body.
Blood takes **oxygen** and food to your arms, legs, and **brain**.
Your heart is about the size of your fist.
Your heart is the strongest muscle in your body.

Step 2: Demonstrate the action of your muscles.

- 1) **Ask students to:**
Make a muscle in your upper arm.
Feel your muscle.
Relax your muscle and tighten it up again.
- 2) **Tell students:**
Your heart is a big muscle.
When your heart pumps blood, it has to tighten up.
Your heart is a pump.
It works hard to pump your blood to all the parts of your body.
- 3) **Ask students to:**
Name other kinds of pumps. (Air pump for your bike tire, etc.)

Step 3: Demonstrate the action of your heart.

Caution: Children with asthma or other health conditions should not perform this exercise.

1) Ask students to:

Stand up.

Hold your hand on your chest to feel your **heartbeat**.

Put your hand down.

Run in place (time them for one minute).

Put your hand on your chest and feel your heartbeat again.

2) Ask students:

Can you feel your heart beating?

Did it beat faster when you were running?

3) Tell students:

Every time your heart beats, it is pumping blood through your body.

4) Distribute the rubber hearts.

5) Ask students to:

Practice squeezing your rubber heart.

Squeeze your rubber heart every time I say a new number (80 counts in one minute).

6) Ask students:

How do your fists feel after one minute of squeezing?

Was it a lot of work?

7) Tell students:

In one day your heart pumps enough blood to fill our school.

It pumps all day and all night. It never stops.

Step 4: Learn about your heart.

1) Tell students:

Your heart works very hard to do its job.

It's very important to keep your heart healthy.

Your heart pumps blood all through your body taking food and oxygen everywhere.

Cigarettes make your heart work too hard.

They make the heart get so tired, it is hard for the heart to do its job.

2) Ask students:

Why is your heart so important?

(Takes oxygen and food to the body.)

What are some ways to keep your heart healthy?

(Healthy food, exercise, sleep, not smoking.)

Step 5: Demonstrate how cigarettes make the heart work harder.

1) Ask students to:

Squeeze and relax your rubber heart.

Pretend that cigarette smoke has just caused your heart to beat faster.

Squeeze your rubber heart every time I say a new number (120 counts in one minute).

Tell me how your hand feels.

2) Tell students:

You have learned that cigarettes hurt your heart.

They make your heart get tired just like your hand.

Your heart beats fast when you run, but that is good for your heart.

You can keep your heart and body healthy by never, ever smoking.

Most people do not smoke cigarettes because they want to be healthy.

Do you want to join the Tobacco Free Kids Club and stay healthy too?

Step 6: Sign the pledge

1) Distribute the students' individual pledge certificate.

2) Read the pledge out loud.

3) Ask students to:

Sign your pledge certificate.

Take it home and share it with your family.

Put it somewhere to remind you that you do not want to smoke.

4) Show the class the Tobacco Free Kids Club pledge poster.

5) Ask students to:

Come up and sign the class poster.

Step 7: Conclusion

1) Post the Tobacco Free Kids Club pledge poster.

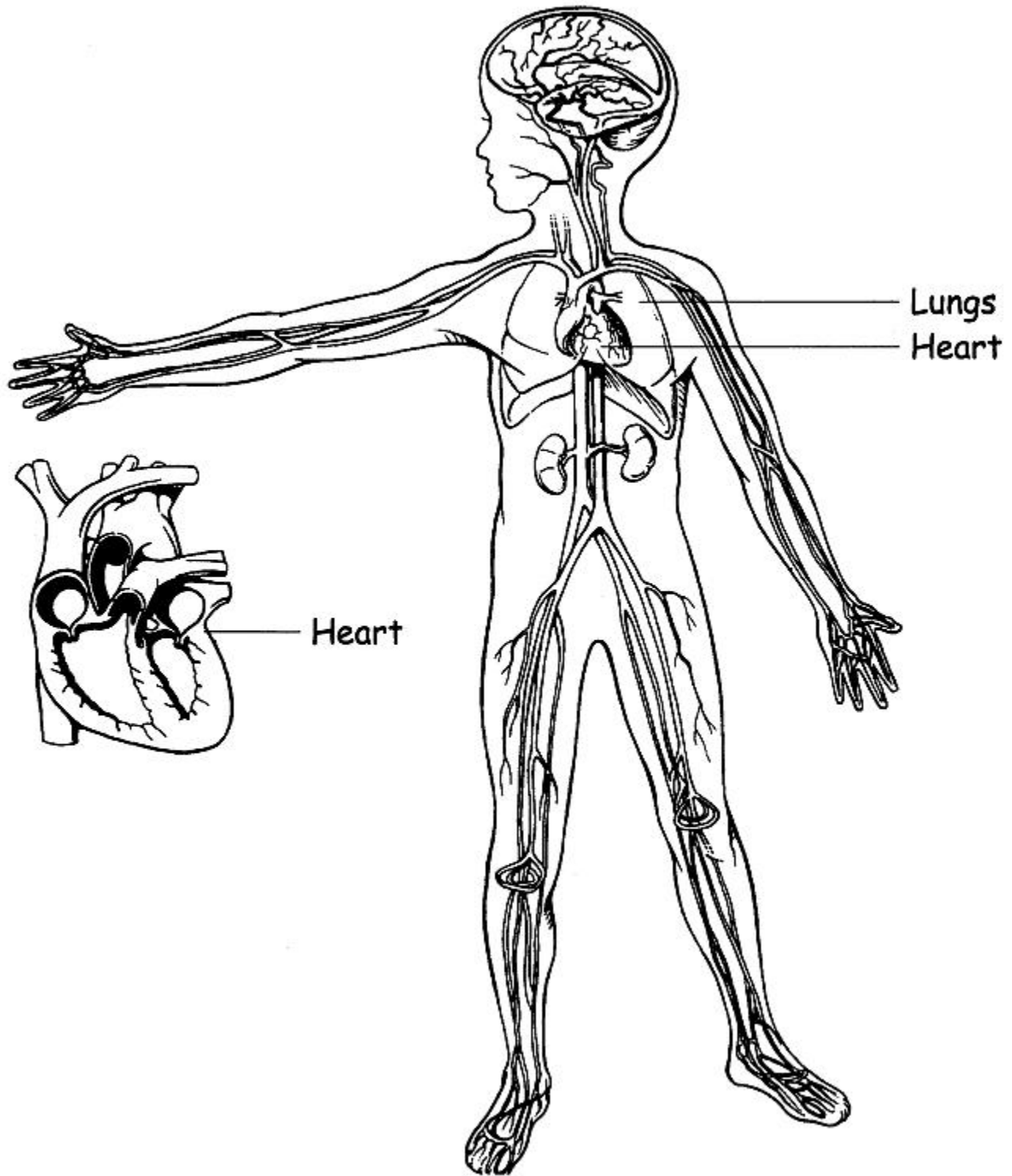
2) Tell students:

Thank you for participating in these Tobacco Free Kids Club activities.

I hope you have learned a lot about how tobacco hurts your body.

I am happy you want to grow up tobacco free.

My Circulatory System



Graphic provided by American Heart Association