Where Does the Blood Go? Lesson Idea

Objectives

- Understand that the heart has different parts and that blood moves through the heart in only one direction.
- Understand how blood moves through all parts of the body.

Prepare

- Download and print Take a Look Inside of You! visual for class distribution

Materials

- Take a Look Inside of You! large ball, at least 30 inches around, preferably red

Explore

1. Explain to children that each time the heart pumps, or beats, it pushes blood throughout the body. Where the blood moves close to the surface of the skin, the heartbeat, or pulse, can be felt. Ask children if they can name places on their bodies where they can feel a pulse (on necks, wrists, temples, ankles), or show children where a pulse can be felt.

2. Show children how to find the pulse in their necks. Then ask children to place their fingers on their necks. Encourage them to sit quietly as they feel the pulse in their necks. Finally, help children locate and feel their pulses on each wrist, on each temple on their heads and on each ankle.

3. Write the words Heart, Lungs, and Body on three sheets of paper, one word on a sheet accompanied by an illustration of a heart, lungs, or body. Also have a large red ball available.

Distribute the Take a Look Inside of You! visual. Point out the heart, lungs and body on the picture. Explain that the lungs are the part of the body we use to breathe air. Ask children to tell what they know about the lungs. Then explain that when the blood goes around through the body, it goes from the heart to the lungs, back to the heart and then to the rest of the body. Help children trace this path on the picture as you repeat the directions. Then have three children stand in a row in front of the group. Using the three sheets of paper, label the first child Body, the second child Heart and the third child Lungs. Hold up the ball and ask children to imagine that the red ball is the blood in the body.

Then give the ball to the Heart child. Have the Heart child toss the ball to the Lungs child, who tosses it back to the Heart child. Then the Heart child tosses the ball to the Body child. The body child tosses the ball back to the Heart child. As the three children continue to toss the ball to one another in the given order, have the group chant "Heart-Lungs-Heart-Body." Repeat the activity to allow all children a chance to toss the ball.

Where Does the Blood Go? Lesson Idea (Spanish)

¿A dónde va la sangre?

Objectives

- Understand that the heart has different parts and that blood moves through the heart in only one direction.
- Understand how blood moves through all parts of the body.
Materials

- ¡Mirate por dentro!: large ball, at least 30 inches around, preferably red

Explore

1. Explain to children that each time the heart pumps, or beats, it pushes blood throughout the body. Cada vez que el corazón bombea, o late, empuja la sangre por todo el cuerpo. Where the blood moves close to the surface of the skin, the heartbeat, or pulse, can be felt. Donde la sangre pasa cerca de la superficie de la piel, podemos sentir el latido o pulso del corazón. Ask children if they can name places on their bodies where they can feel a pulse (on necks, wrists, temples, ankles), or show children where a pulse can be felt. ¿En qué partes del cuerpo pueden sentir el pulso? (en el cuello, las muñecas, las sienes, que están a cada lado de la cabeza, los tobillos).

2. Show children how to find the pulse in their necks. Then ask children to place their fingers on their necks. Pónganse los dedos en el cuello. Encourage them to sit quietly as they feel the pulse in their necks. Siéntense en silencio para sentirse el pulso. Finally, help children locate and feel their pulses on each wrist, on each temple on their heads and on each ankle. Ahora van a buscar el pulso en cada muñeca, en cada sien y en cada tobillo.

3. Write the words Corazón, Pulmones, and Cuerpo on three sheets of paper, one word on a sheet accompanied by an illustration of a heart, lungs, or body. Also have a large red ball available.

   Display the ¡Mirate por dentro! picture. Point out the heart, lungs and body on the visual. Explain that the lungs are the part of the body we use to breathe air. Las partes del cuerpo que usamos para respirar son los pulmones. Ask children to tell what they know about the lungs. ¿Qué saben de los pulmones? Then explain that when the blood goes around through the body, it goes from the heart to the lungs, back to the heart and then to the rest of the body. Cuando la sangre pasa por el cuerpo, va del corazón a los pulmones, regresa al corazón y luego va al resto del cuerpo. Help children trace this path on the picture as you repeat the directions. Miren en el cartel el camino de la sangre. Then have three children stand in a row in front of the group. Necesito que tres voluntarios se paren en fila frente a los demás. Using the three sheets of paper, label the first child Cuerpo, the second child Corazón and the third child Pulmones. Hold up the ball and ask children to imagine that the red ball is the blood in the body. Imagínense que la pelota roja es la sangre que pasa por el cuerpo. pulmones se la devuelven al corazón.

   Then give the ball to the corazón child. Have the corazón child toss the ball to the pulmones child, who tosses it back to the corazón child. El corazón le tira la pelota a los pulmones, y los. Then the corazón child tosses the ball to the cuerpo child. El corazón le tira la pelota al cuerpo. The cuerpo child tosses the ball back to the corazón child. El cuerpo le devuelve la pelota al corazón. As the three children continue to toss the ball to one another in the given order, have the group chant “Corazón—Pulmones—Corazón—Cuerpo.” Los demás vamos a decir juntos “Corazón—Pulmones—Corazón—Cuerpo”. Repeat the activity to allow all children a chance to toss the ball.