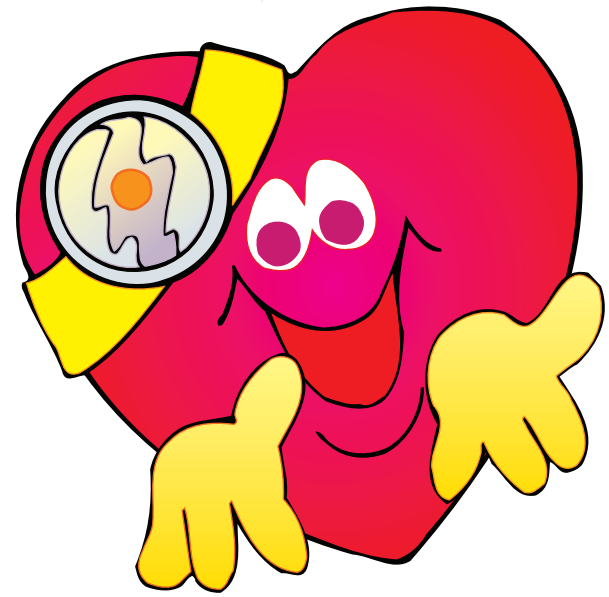
The Best of The MAILBOX® Theme Series

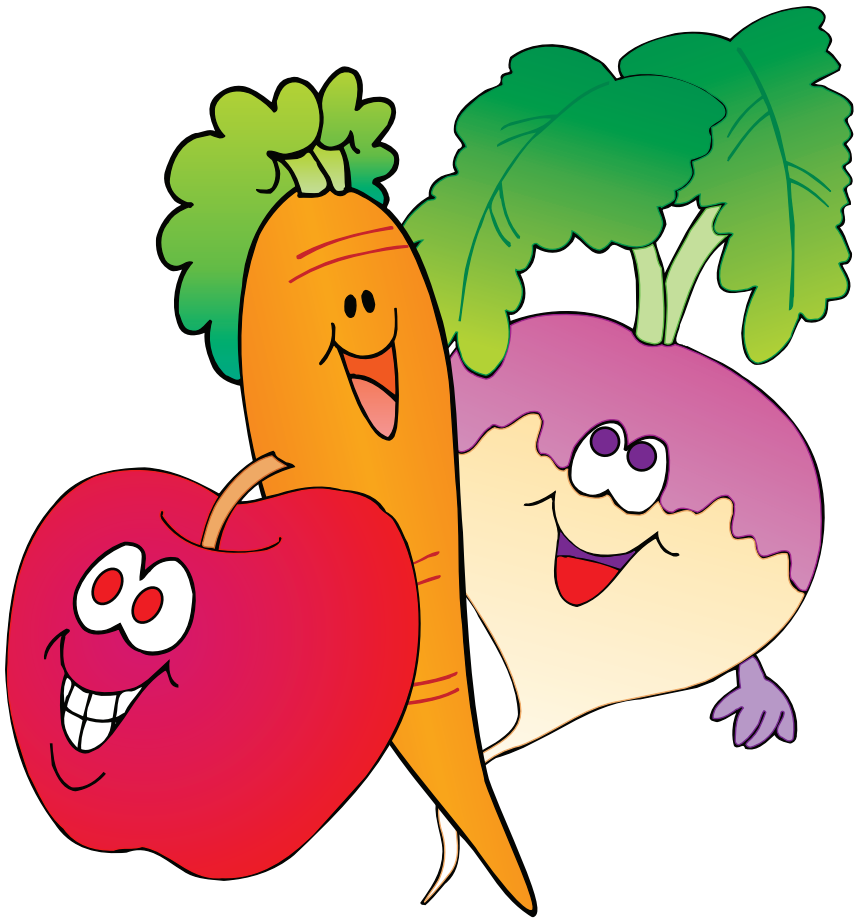
Health

TEC3239

The Education Center®

Primary

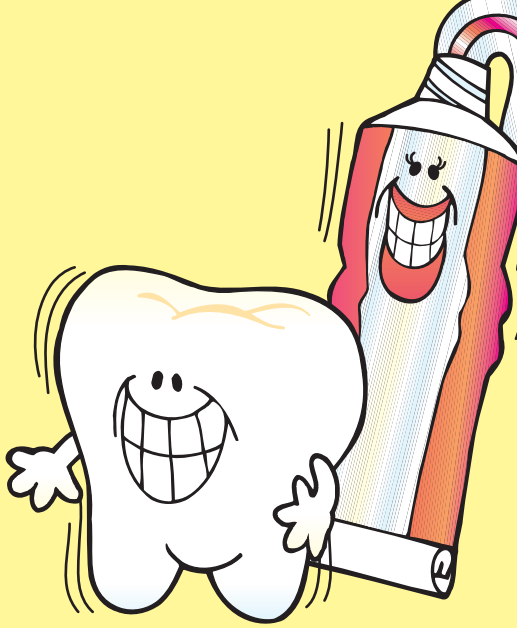




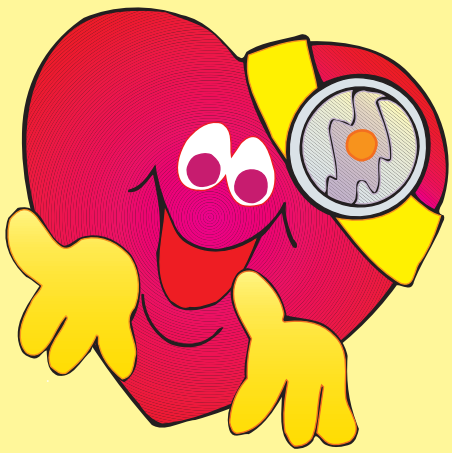
- Basic-Skills Reinforcement
- Science Projects
- Student-Created Booklets
- Literature Connections
- Arts & Crafts
- And Much More!

Health

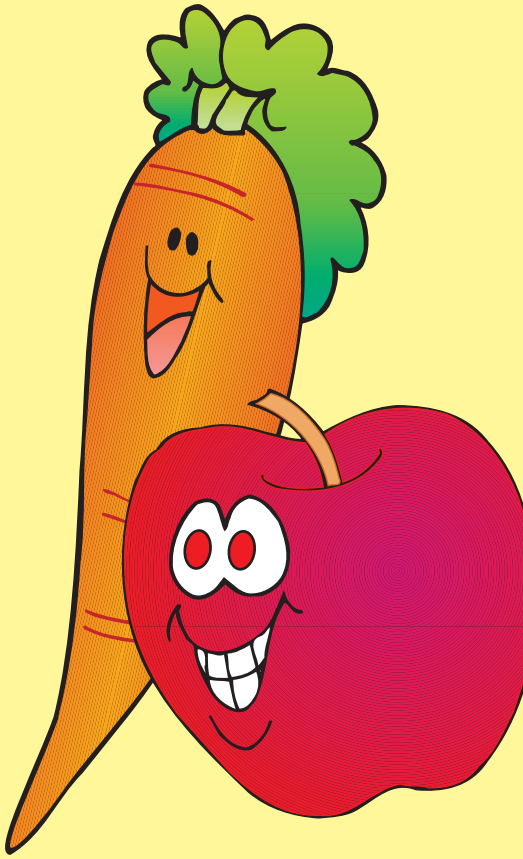
Table of Contents



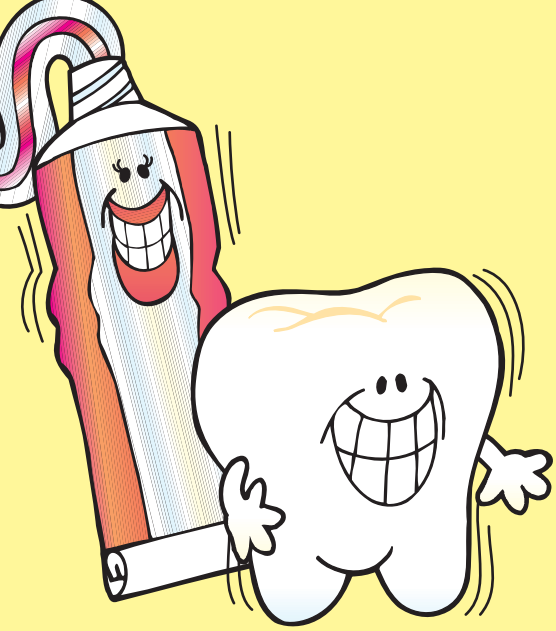
Thematic Units



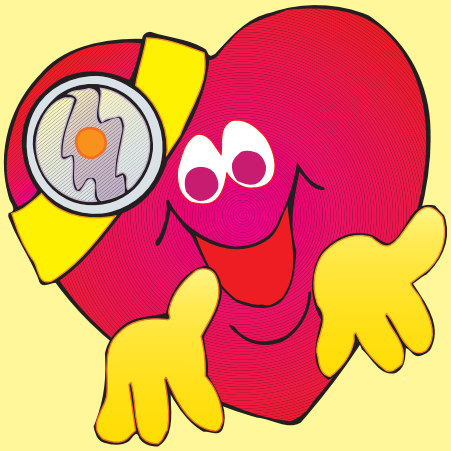
More Activities and Ideas



Reproducible Activities



Save time and energy planning thematic units with this comprehensive resource. We've searched the 1993–2001 issues of **The MAILBOX®** and Teacher's Helper® magazines to find the best ideas for you to use when teaching a thematic unit about health. Included in this book are favorite units from the magazines, single ideas to extend a unit, and a variety of reproducible activities. Use these activities to develop your own complete unit or simply to enhance your current lesson plans. You're sure to find everything you need for strengthening student learning about healthy living!



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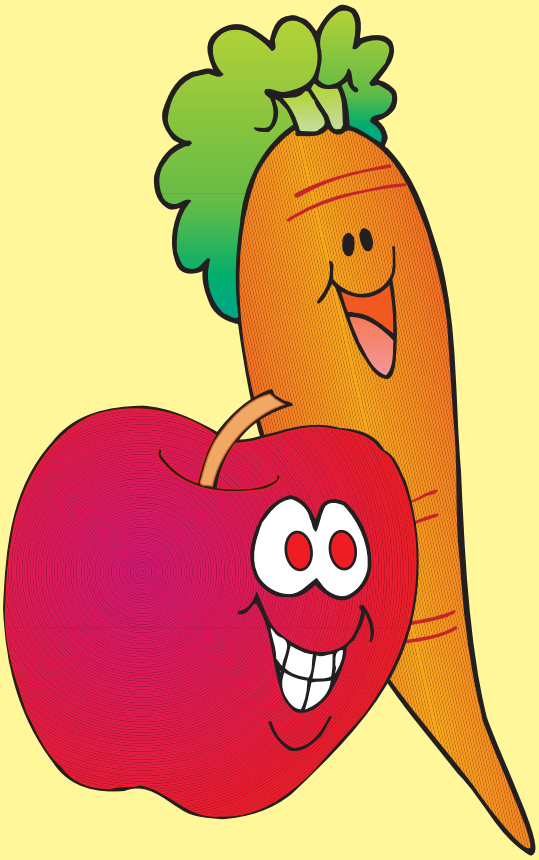

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ISBN# 1-56234-499-4

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A Pocketful Of Science

Getting Heart Smart!

February is National Heart Month, making it the perfect month to incorporate heart-related lessons into your science program. Use the following activities and reproducible to keep your students pumped up about the human heart!

ideas by Ann Flagg

Activity 1: Have A Heart

You will need:

red construction-paper heart
reference book containing an illustration of a human heart
cow or sheep heart from a butcher (optional)
one cardboard paper-towel tube for every two students

What to do:

Invite students to tell what they know about their hearts. Display the heart cutout and ask them why it could not be a human heart. Then show students the human heart illustration. Ask students to compare and contrast the two hearts. (To show students the color, size, and texture of an actual heart muscle, obtain a cow or sheep heart from a butcher.) Next ask each child to make a fist and place it over her heart. Show students the correct location of the heart by positioning your fist in the center of your chest. Explain that a person's heart is about the size of his or her fist. Finally show students how to listen to someone else's heart using a cardboard tube. To do this, place one end of a cardboard tube over a student's heart and listen through the opposite end of the tube. Pair the youngsters, distribute the cardboard tubes, and have students take turns listening to their partners' hearts.

Questions to ask:

1. How is a human heart different from a valentine heart?
2. How do you know that your heart is working?
3. What did you hear when you listened to your partner's heart?
4. What does a doctor use to listen to a heartbeat?

This is why:

The human heart is a hollow, muscular organ that lies near the middle of the chest, between the lungs. The lower region of the heart points toward the left side of the body. Because the beating, or pumping, takes place in this lower region, a child can mistakenly conclude that her entire heart is on the left side of her body. The beating sound of a heart is caused by the closing of the valves inside the heart as the heart allows blood to flow in and out. When a doctor uses a stethoscope to listen to a heart, he hears the "lub dub" sound of the heartbeat.

Activity 2: The Beat Goes On!

You will need:

a half-sheet of scrap paper for each student
clock with a second hand

What to do:

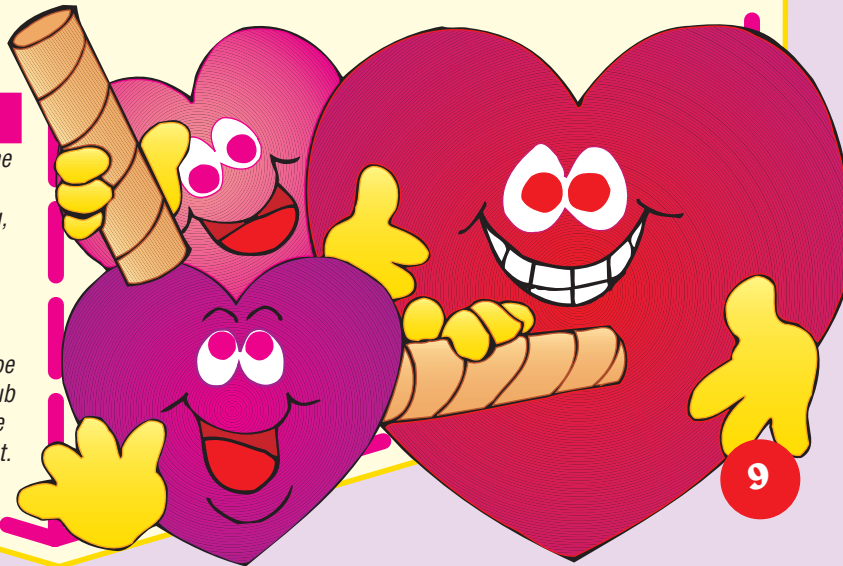
During one minute a child's heart beats approximately 90 times. To help students gain an appreciation for the strength and endurance of their heart muscles, have each student crumple a half-sheet of scrap paper and hold it in one hand. Demonstrate how to make a fist around the paper, and how to squeeze and release the paper without opening your fist. During the next minute count to 90 in a loud voice. Instruct students to firmly squeeze their wads of paper each time you say a number.

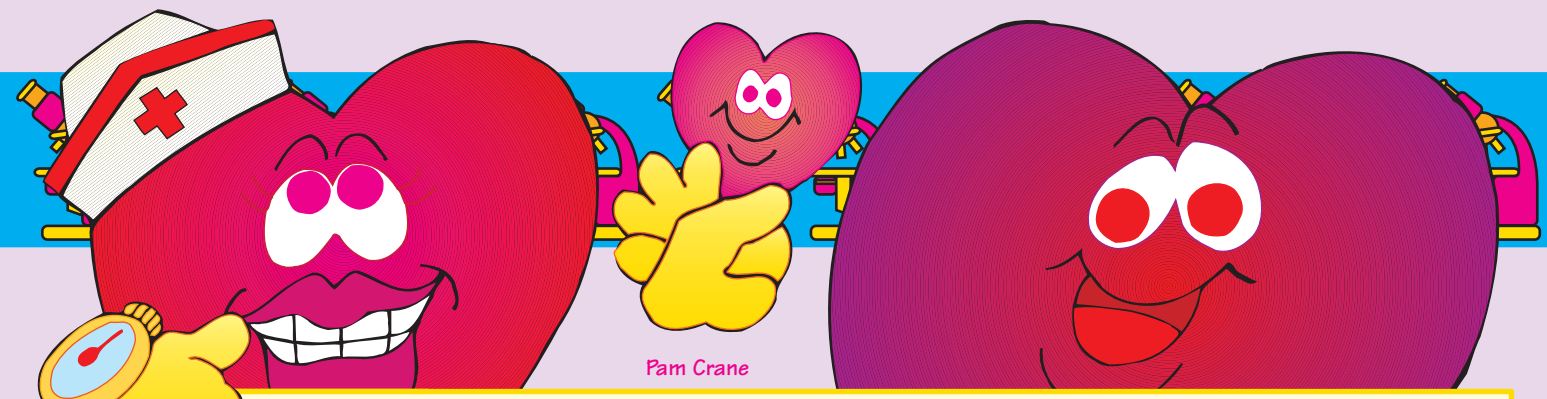
Questions to ask:

1. How did the muscles in your hand feel after squeezing the paper 90 times?
2. Does your heart muscle ever stop and rest? How do you know?

This is why:

The heart is a strong pump that continually moves blood through the body. A baby's heart begins beating about eight months before the baby is born, and it continues beating throughout the person's life. In a 70-year lifetime, an average heart pumps about 51 million gallons of blood and beats over two-and-a-half billion times. The only natural rest a heart muscle ever experiences is the brief pause between beats.





Activity 3: A Hearty Job

What to do:

Help students understand how a body's heart and circulatory system react to their body's needs. Begin by having each student locate his pulse in his neck or wrist, providing assistance as needed. Ask the students to describe how their pulses feel. Next instruct the students to run in place. After several seconds stop the students and ask them to relocate their pulses.

Questions to ask:

1. How did your pulse and heartbeat change after you ran in place?
2. What kinds of activities would make your heart pump rapidly?
3. When do you think your heart beats the slowest?

This is why:

Oxygen- and nutrient-rich blood travels away from the heart through thick muscular tubes called arteries. In the places where these arteries are close to the skin, a pulse can be felt. When children feel a pulse in their necks or wrists, they are actually feeling the blood being pumped through their bodies' arteries. A person's heart rate is automatically controlled by his nervous system. Since additional activity or anxiety increases a body's need for oxygen, the rate of blood flowing to the heart automatically increases when the person is exercising. Because a resting body requires less oxygen, the rate of blood flowing to a person's heart decreases when he is resting.

Activity 4: An Inside Look

Each student will need:

a copy of page 11 red and blue crayons

What to do:

Give each student a copy of the heart diagram on page 11. Provide the following information and directions for completing the heart activity. (Students may be confused when they discover that right and left appear to be shown incorrectly on their papers. Clear up this confusion by having each student temporarily place his paper against his chest so he can look down on the heart diagram. Explain that this is the correct position of the heart. Point out that in this position, the right side of the heart is on the right side of the body.)

Oral Directions For The Teacher

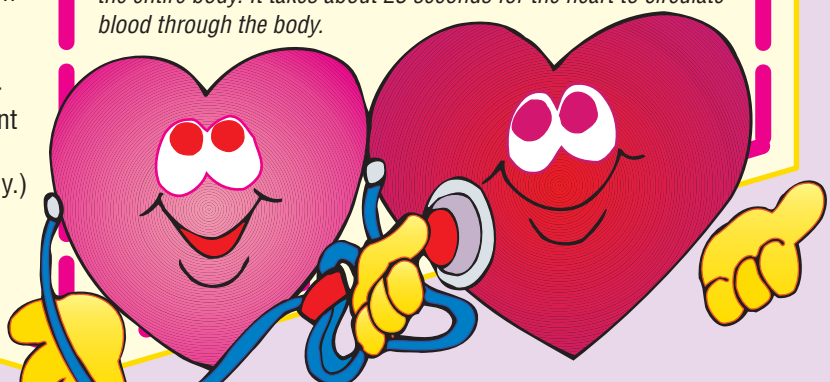
1. The heart is an amazing organ. It is divided into two pumps. Each pump is divided into two chambers or spaces. The top chamber on the right side of the heart is called the right atrium. Draw a blue box around this name. The lower chamber on the right side of the heart is called the right ventricle. Draw a blue box around this name. The top chamber on the left side of the heart is called the left atrium. Draw a red box around this name. The lower chamber on the left side of the heart is called the left ventricle. Draw a red box around this name.
2. Color the star on your paper blue. This is where blood enters the heart. The blood flows into the right atrium and then into the right ventricle. Then the heart pumps the blood into tubes that take it to the lungs for a fresh supply of oxygen. Use a blue crayon to color the arrows that show this path.
3. Now color the diamond on your paper red. This is where oxygen-rich blood from the lungs reenters the heart. The blood flows into the left atrium and then into the left ventricle. Then the heart pumps the blood out a large tube. This is where the blood begins its trip to other parts of the body. Use a red crayon to color the arrows that show this path.

Questions to ask:

1. What color on your diagram represents tired blood? Restored blood?
2. Which side of the heart has the harder job?
3. Why is it important to keep your heart in good shape?

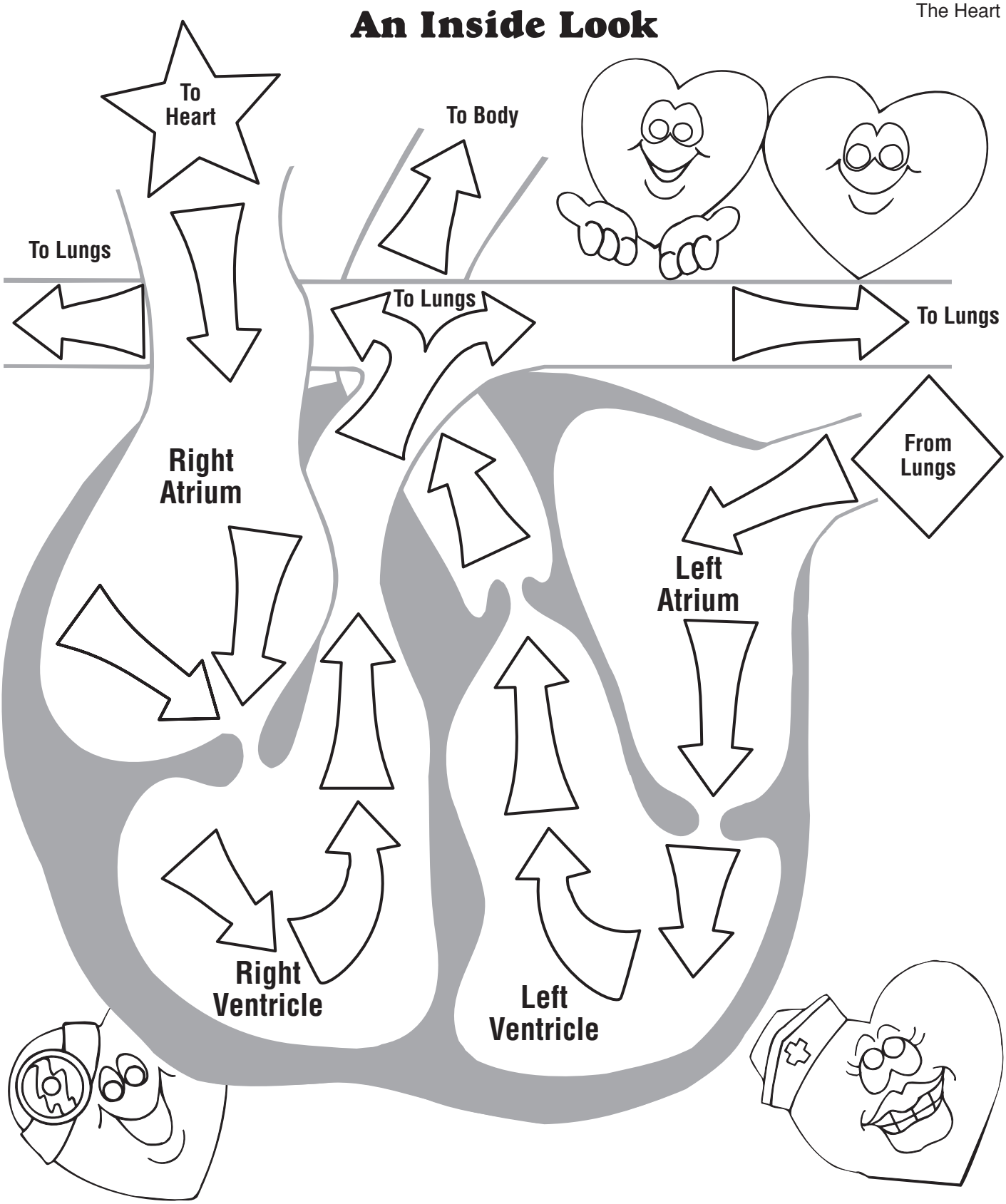
This is why:

The muscular heart organ is divided into two sides or pumps. Deoxygenated blood, indicated by the blue arrows, enters the right side of the heart through the body's veins and is pumped into the lungs. In the lungs the blood becomes oxygenated (shown as red) and reenters the heart through its left side from which it is then pumped back into the body. The left side of the heart muscle is a bigger and stronger pump because it must push blood through the entire body. It takes about 23 seconds for the heart to circulate blood through the body.



Name _____

An Inside Look



Bonus Box: Your heart is a very important muscle. On the back of this sheet, list three tips for keeping your heart healthy.

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Note to teacher: Use this reproducible with "Activity 4: An Inside Look" on page 10.