



Circulatory system

Suggested CHEC-out activities

Books

- **“The Heart: Our Circulatory System,”** Simon, Seymour. Collins, 2006.
- **“The Magic School Bus Inside the Human Body,”** Cole, Joanna. Scholastic Press, 1990.

Video

- **“The Magic School Bus – Human Body,”** Warner Home Video.
www.amazon.com.

Web sites

- Children's Health Education Center,
www.BlueKids.org
- American Heart Association,
www.americanheart.org
- American Dietetic Association,
www.eatright.org
- U.S. Department of Agriculture,
www.mypyramid.gov
- Kids Know It,
www.kidsknowit.com
- KidsHealth,
www.kidshealth.org

1 Make recess heart healthy

Ask students to plan a heart healthy recess. Choose three to five aerobic activities and set up stations for each. Invite students to rotate through the stations. All students should get moving for at least 20 minutes. Invite younger children or another class to participate too.

2 Healthier fast food

Ask students to gather fast food menus. Have students work together in small groups to choose one to three healthy meals from each menu.

3 X-ray eyes

Go to http://www.bluekids.org/teensandkids/ga_yourbody.asp and have students do the x-ray eyes activity. It will reinforce what students learned about the circulatory system at CHEC and introduce other body systems as well.

4 Pulse check

Remind students how to find their pulse. Have students check their pulse at different times throughout the day. Students can do this for several days or an entire week, and they can graph their results. Do they notice any patterns?