

Picture Card 1.2

Say:

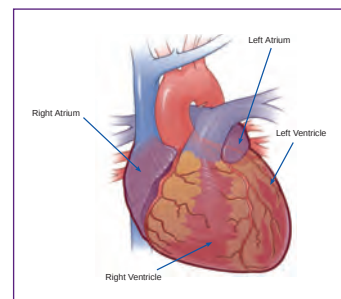
The heart is a hollow, muscular, cone-shaped organ, about the size of a fist.

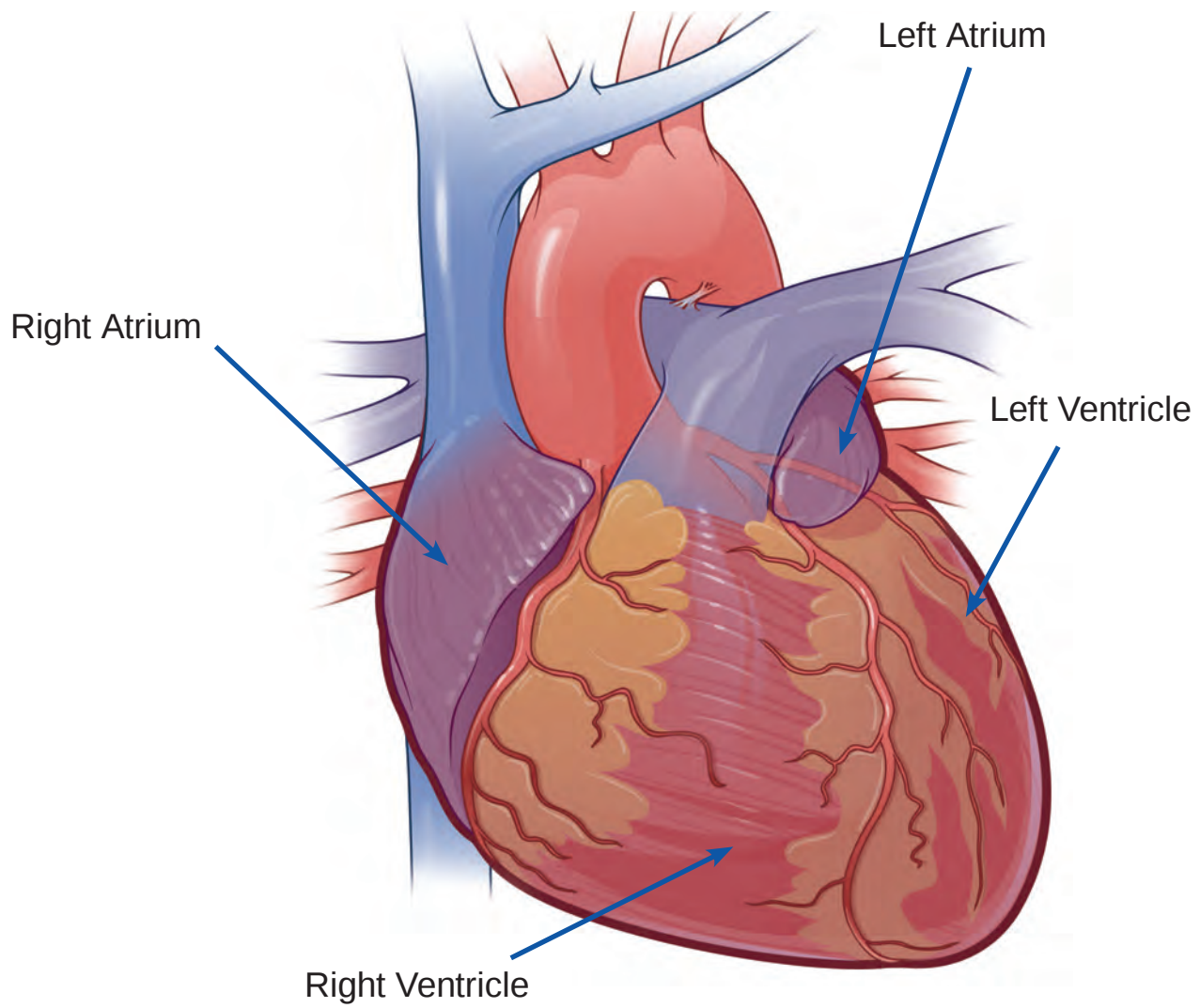
Hold up your fist for the group members to see.

Point to each part of the heart on the picture card.

Say:

- The heart has two upper chambers and two lower chambers.
- The upper chambers (right atrium and left atrium) receive blood.
- The lower chambers (right ventricle and left ventricle) pump blood.

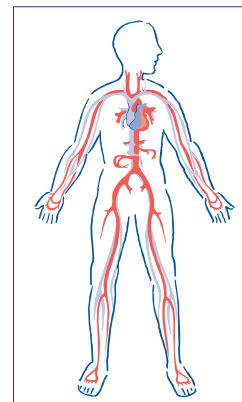


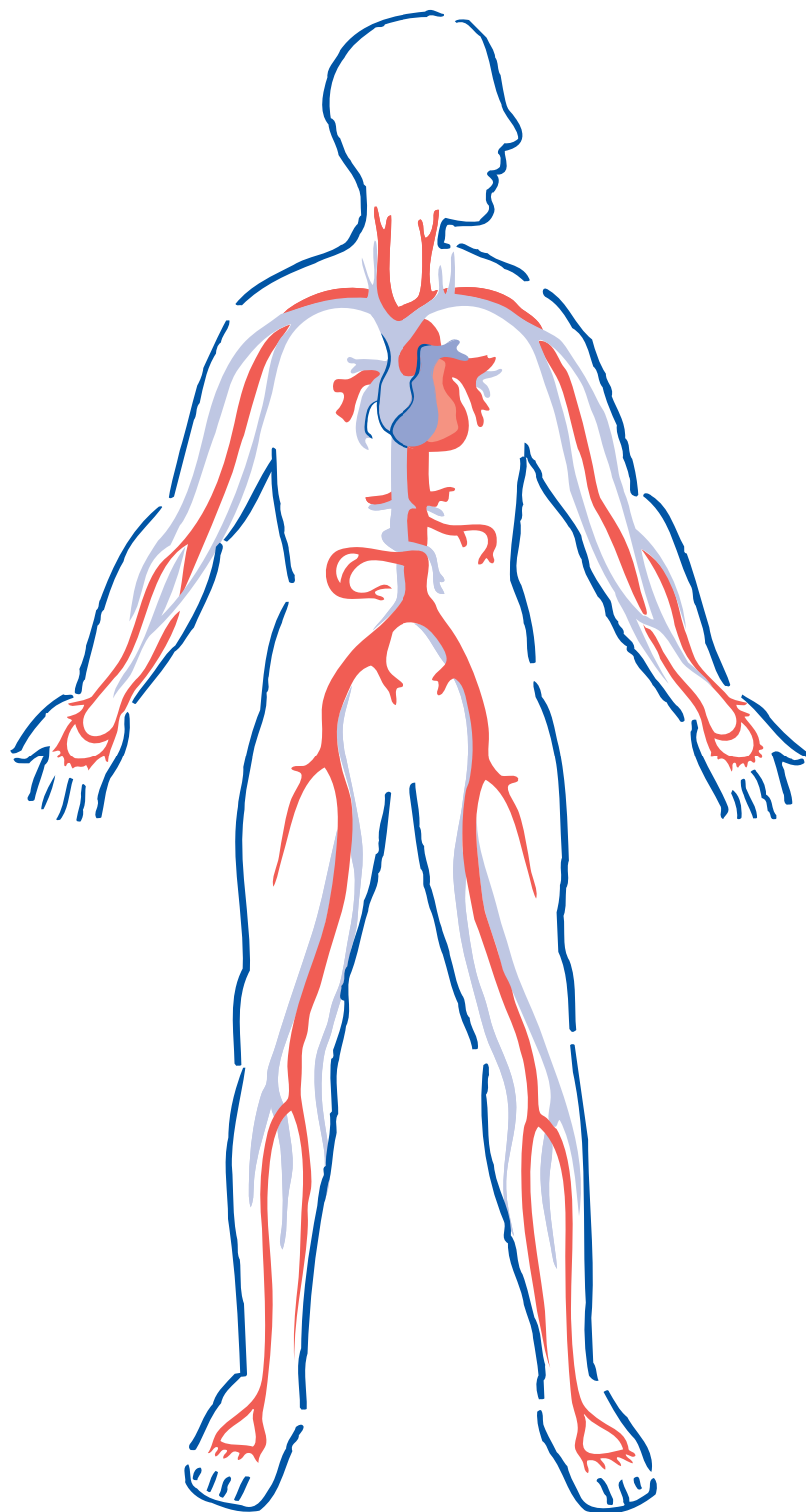


Picture Card 1.3

Say:

- The heart is located in the middle of the chest. Did you place your felt or paper heart in the correct spot?
- The heart is one of three main components of the circulatory system. The others are blood vessels and the blood.
- The circulatory system is very important for sustaining life. It is made of all the vessels that carry the blood throughout the body.
- Blood vessels are long, hollow tubes of tissue, much like drinking straws. There are various kinds of blood vessels. The main ones are called arteries (shown in red), veins (shown in blue), and capillaries (not shown).
- The circulatory system delivers oxygen and nutrients to cells in your body and removes carbon dioxide and other waste products.





Picture Card 1.3

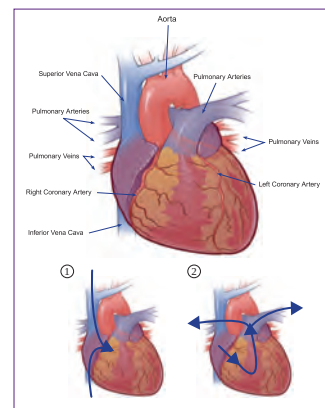
Picture Card 1.4

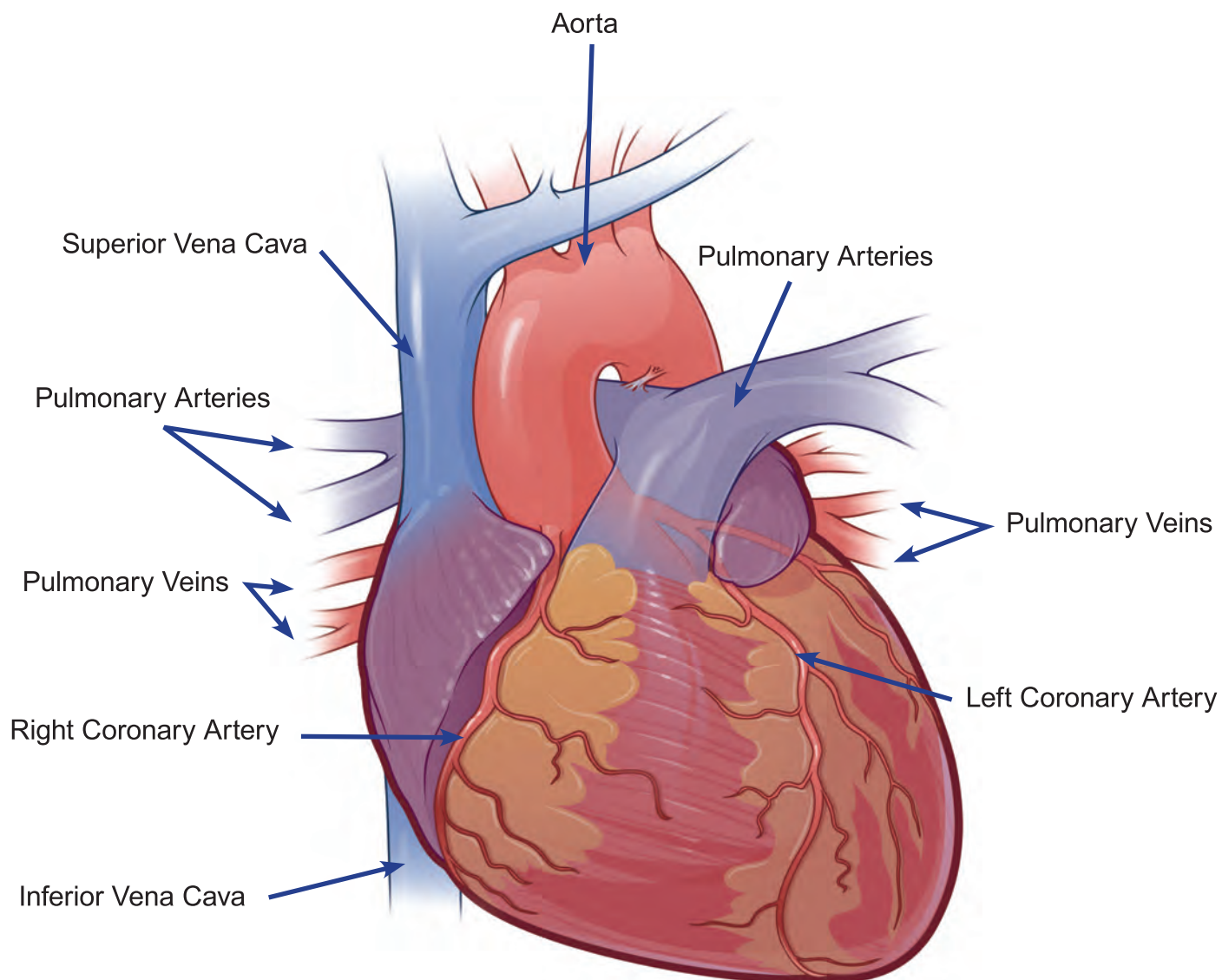
Point to each vein and artery.

Describe the two steps while pointing to pictures 1 and 2.

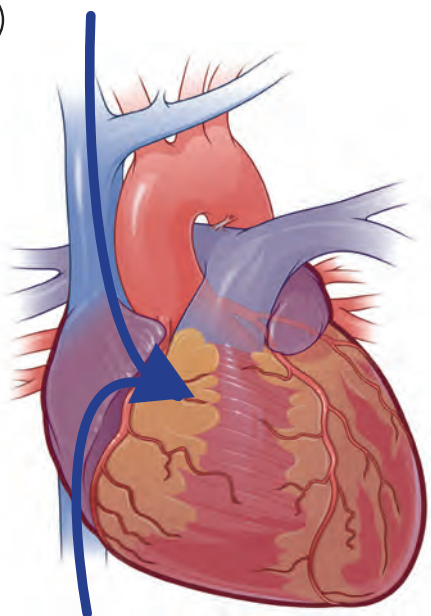
Say:

1. Blood (with little oxygen) enters the right top chamber of the heart through the largest veins in your body. These veins are called the superior and inferior vena cava.
2. Blood then flows down to the right lower chamber, so it can be pumped out to the lungs through the pulmonary arteries. In the lungs, waste (carbon dioxide) is removed from the blood. The blood then gathers more oxygen.

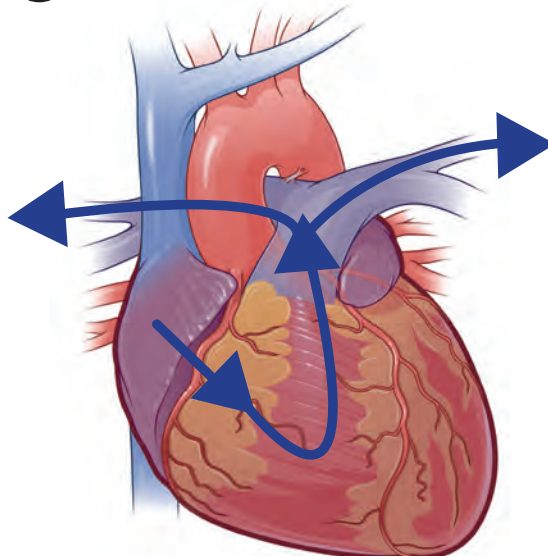




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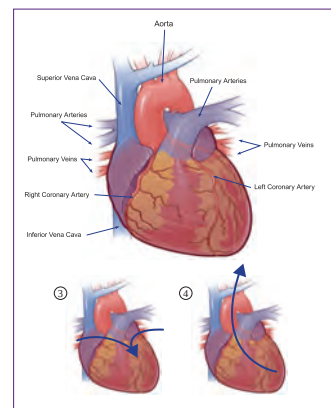
Picture Card 1.5

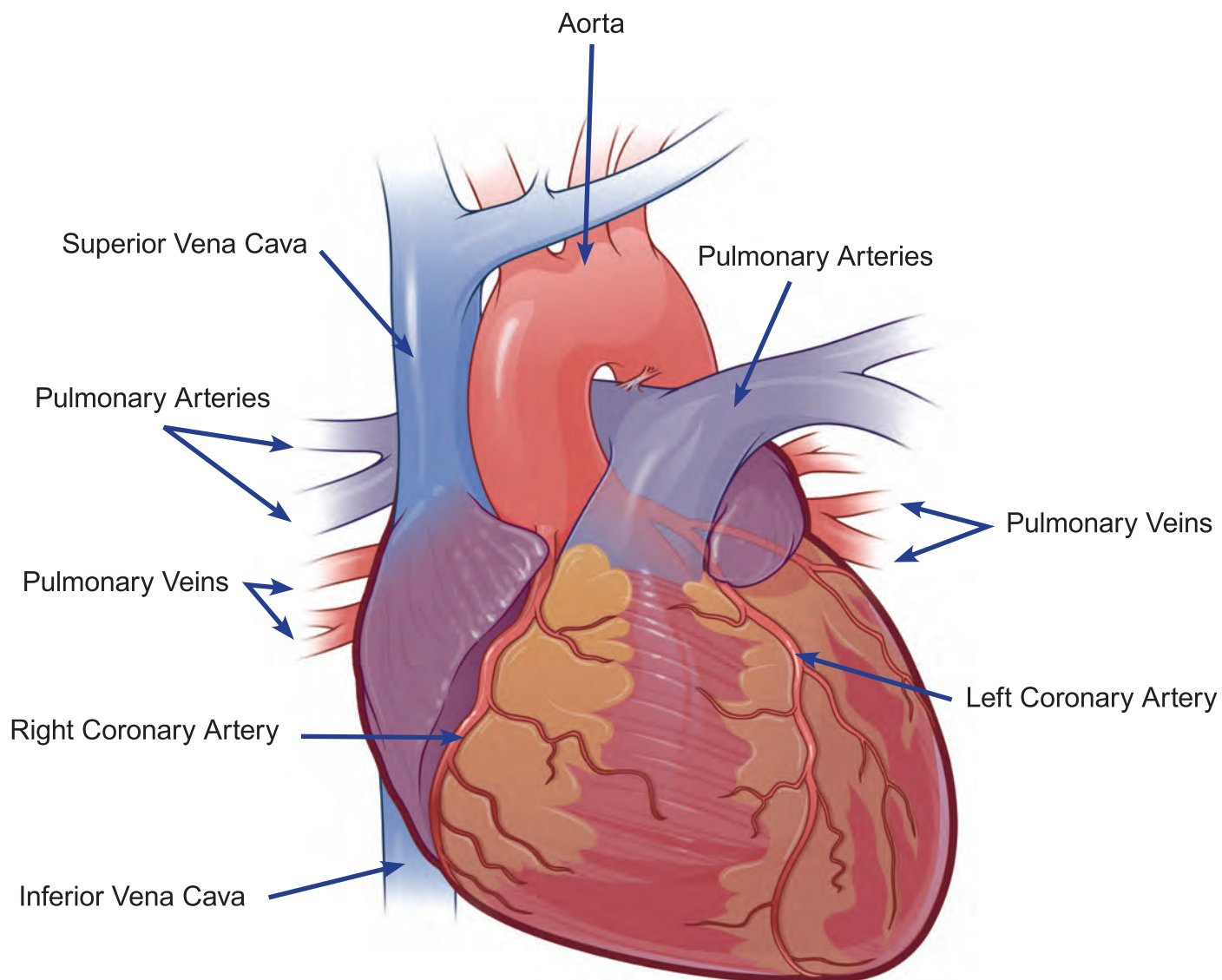
Point to each vein and artery.

Describe the two steps while pointing to pictures 3 and 4.

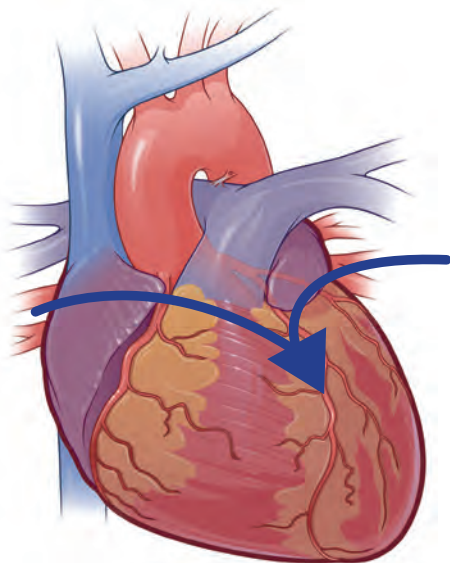
Say:

3. The blood, rich with oxygen, returns to the heart and enters the upper left chamber through the pulmonary veins.
4. The blood then flows down to the lower left chamber and is pumped out of the aorta to the rest of your body. Your left and right coronary arteries carry oxygen-rich blood to all parts of your heart.





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