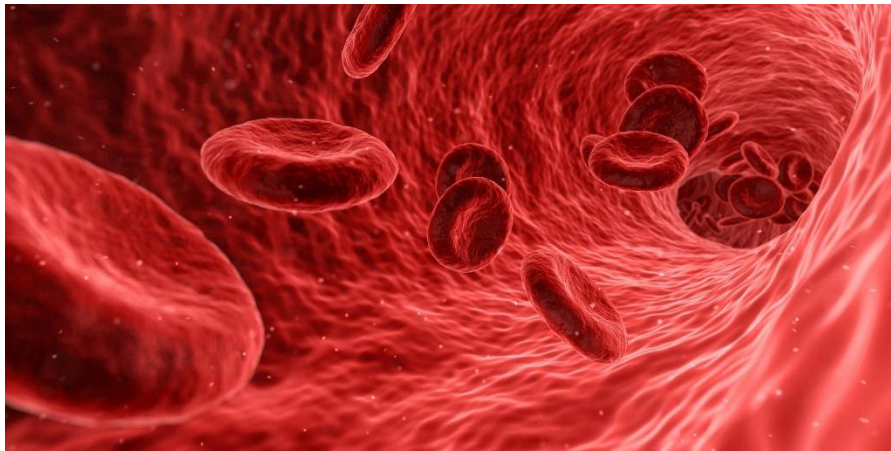




Today's at-home learning theme:

The Circulatory System



- Learn about your heart with Sci Show Kids before completing the activities: <https://www.youtube.com/watch?v=tF9-jLZNM10>
- Make your own heart with water and a cut tennis ball with this activity from the Kids Activities Blog: <https://kidsactivitiesblog.com/27281/human-heart-for-kids>
- Create your own heart pump with the Science Museum of Minnesota: <https://www.smm.org/heart/lessons/lesson5a.htm>
- Try the second activity (Detecting Your Pulse) by this school in Georgia to see your blood pump: <http://ellenjmchenry.com/the-circulation-game/>
- Then use this sheet from Heart.org to document your heartrate during different activities: https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_451993.pdf
- Make some blood with these kitchen ingredients and activity from The Homeschool Scientist: <https://thehomeschoolscientist.com/science-saturday-blood/>
- Paint your lungs and heart on a t-shirt that you can continue as we learn about other systems: <https://deceptivelyeducational.blogspot.com/2011/07/paint-your-organs-shirt-and-printable.html>
- After learning about the circulatory system, go outside and have a family member outline your body with chalk. Then draw in the different parts of the system and the pathways for your blood!
- Read and color this Scholastic mini-book *I Take Care of My Heart*: https://teachables.scholastic.com/teachables/books/i-take-care-of-my-heart-9780439059213_034.html

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