

## Recommended Activities for “Here in My Heart”



### Playdough Hearts

Provide playdough and cookie cutters for your budding artists to create their own hearts! Offer modeling clay as a follow-up activity, so that children can paint their hearts after they have dried. When children have had some experience using cookie cutters to create hearts, encourage them to mold hearts freehand.

### Feel Your Heartbeat

Help your mini doctors locate their hearts inside their chests; place their palm over the area to feel their heart beating. Talk about the feeling of the heartbeats. Now, have the children jump in place for several seconds, then stand still and feel their heartbeats again. What feels different this time? <https://kidsactivitiesblog.com/27281/human-heart-for-kids>

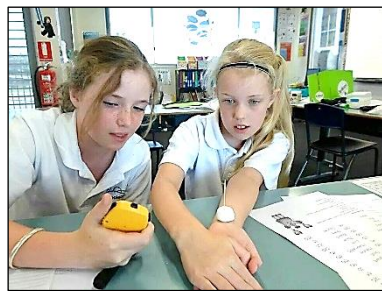


Photo credit: Pinterest

### See Your Pulse

Help your mini biologists see their pulse in action! Push a toothpick into a marshmallow, and have children set it on their upturned wrist, marshmallow side down. As they sit still, have them watch the toothpick move up and down with their pulse. Have them jump in place for a few seconds and feel their pulse a second time. Observe the difference! <https://www.weareteachers.com/circulatory-system-activities>

### DIY Stethoscope

Children will love making and trying out their own simple stethoscopes! All you need are three simple items: paper towel roll, plastic funnel, and masking tape. Have children take turns listening to each other’s heartbeat! <https://tinadynamichomeschoolplus.com/homeschool-unit-study-human-body/>



### Bottle of Blood

Help your future physicians understand the various components of blood by creating a bottle of this important fluid with common food items. Follow the directions on the My Joy-Filled Life website. <https://www.myjoyfilledlife.com/components-blood-activity-kids/>