

Doodle Lou's

YOUR HEART IS A PUMP

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Your heart pumps blood to all parts of your body.
Create this simple pump to see the action of your beating heart.

MATERIALS:

- A clear empty plastic water bottle
- A balloon
- A bendable straw
- Glue or tape
- Water dyed with red food coloring
- Scissors
- A bowl

DIRECTIONS:

1. Ask for adult help to cut a small hole near the top of the bottle.
2. Place the straw through the hole. Glue or tape around any gaps between the straw and the hole in the bottle.
3. Fill the bottle $\frac{3}{4}$ full with red water.
4. Position the bottle near the bowl with the end of the straw above the bowl.
5. Blow up the balloon and pinch the neck while stretching the opening around the neck of the bottle.
6. Slowly release the fingers that are pinching the balloon's neck.
7. Watch as the water flows out of the bottle and into the bowl.
8. Can you pinch and release the balloon's neck to make your pump in rhythm like your heart?

