



*Dear Family,*

**In my class today** we learned all about our hearts.

**Did You Know?**

- Your heart is a special muscle near the center of your chest that pumps blood through your body. The blood gives your body oxygen and nutrients that it needs. Your heart works like a pump. It fills up with blood; then it squeezes to push the blood out and let more blood in. The movement of the blood through your heart and around your body is called circulation.
- Even though your heart is inside your body, you can feel it working by feeling your pulse. Your pulse can be felt on your neck or your wrist. Your pulse keeps the same beat as your heart. When you exercise, your heart beats faster to carry oxygen to other parts of your body. Because your heart is beating faster, your pulse will be faster.

**Ask Your Child:**

- Tell me where your heart is.
- Explain what your pulse is.
- Tell me what your heart does.
- Describe what happens to your heartbeat when you exercise.

**Activities To Do With Your Child:**

- Each person's heart is roughly the same size as their fist. Have your child make a fist and compare it with your fist. Whose fist is bigger? How do your fists compare with other family members?
- Imitate the pumping action of the heart by squeezing and releasing your fist.
- With your child, find your pulses and compare your pulse rates. Do some physical activity such as dancing, jumping, or running, and compare your pulse rates again.

**Vocabulary To Use With Your Child:** heart, muscle, blood, pump, circulation, pulse