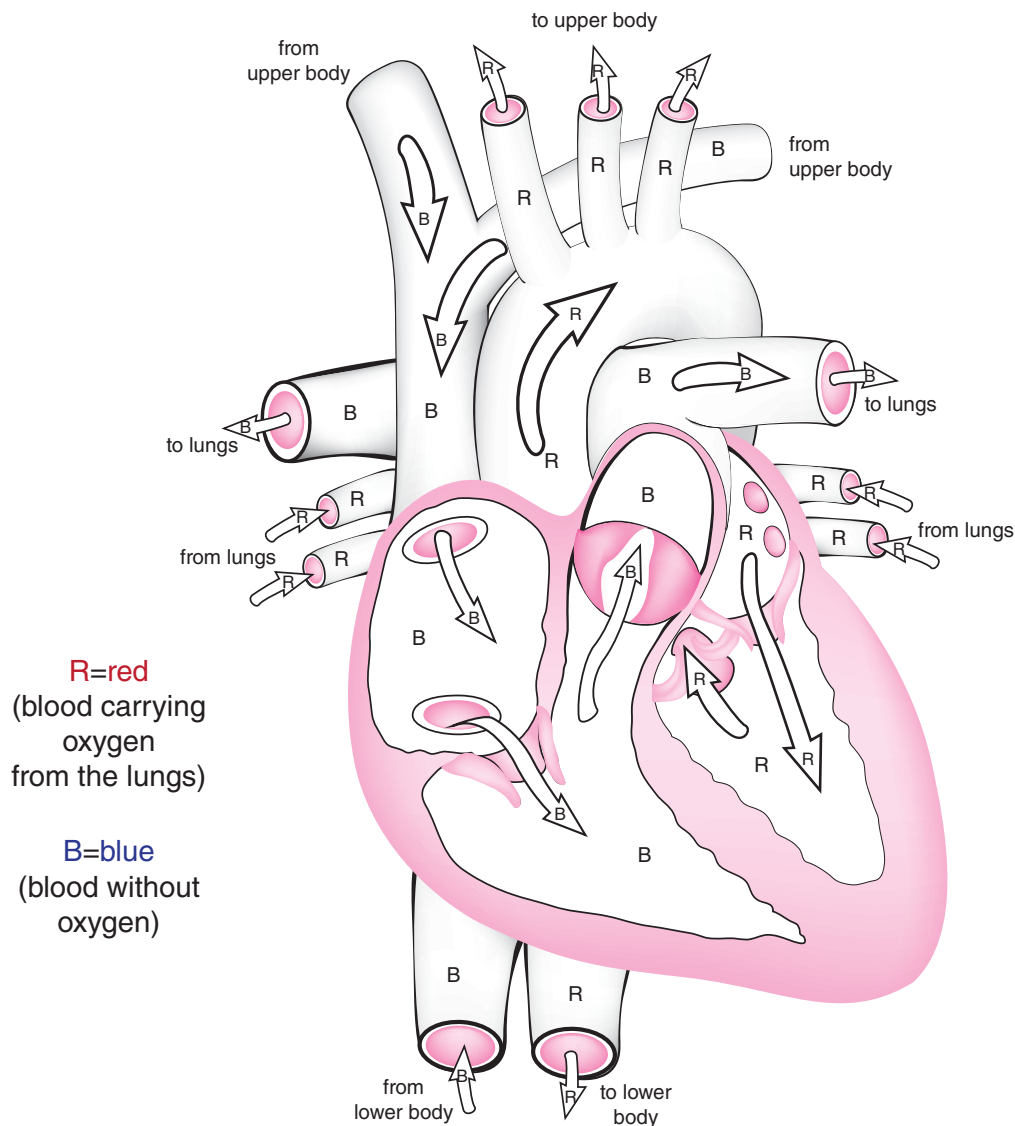


# How does blood flow through the heart?

**Directions:** Check out the diagram below that shows how blood circulates around the heart. Color in the veins and arteries the correct color to give yourself a better idea of what happens when your heart pumps blood.



**R=red**  
(blood carrying oxygen from the lungs)

**B=blue**  
(blood without oxygen)

**Extra Activity:** Put your pointer finger and middle finger on the vein on the right side of your neck, right under your jaw bone. Find your pulse. Set a stop watch for 1 minute, and count how many times your heart beats. Write that number down. \_\_\_\_\_

Now, run in place for one minute. When you are done, find your pulse, set the stop watch for 1 minute, and count how many times your heart beats now. Write that number down. \_\_\_\_\_

Was there a difference between the two times? \_\_\_\_\_

Why? \_\_\_\_\_