

GERO 131: SENIOR PROJECT

EMPHASIZING EDUCATION

CSUS CARDIOVASCULAR WELLNESS CENTER

EUNICE AILA DIONISIO

GERONTOLOGY, FALL 2018

TABLE OF CONTENTS

MINDFUL / WELLNESS RESOURCES.....	2
VIDEOS.....	2
ACTIVITIES.....	6
EXERCISE PHYSIOLOGY RESOURCES.....	8
VIDEOS.....	8
ACTIVITIES.....	9
HEART EDUCATION.....	12
VIDEOS.....	10
ACTIVITIES.....	15
RECOMMENDED RESEARCH WEBSITES	16

MINDFUL / WELLNESS RESOURCES

● VIDEOS

- HOW TO LIVE PASSIONATELY- NO MATTER YOUR AGE
 - FOUND ON: TEDTALK
 - BY: ISABEL ALLENDE
 - MARCH 2014
 - [HTTPS://WWW.TED.COM/TALKS/ISABEL_ALLENDE_HOW_TO_LIVE_PASSIONATELY_NO_MATTER_YOUR_AGE#T-183771](https://www.ted.com/talks/isabel_allende_how_to_live_passionately_no_matter_your_age#t-183771)
- ALL IT TAKES IS 10 MINDFUL MINUTES
 - FOUND ON: TEDTALK
 - BY: ANDY PUDDICOMBE
NOVEMBER 2012
 - [HTTPS://WWW.TED.COM/TALKS/ANDY_PUDDICOMBE_ALL_IT_TAKES_IS_10_MINDFUL_MINUTES?REFERRER=PLAYLIST-SLOW_DOWN_ENJOY_LIFE#T-219494](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?referrer=playlist-slow_down_enjoy_life#t-219494)
- THE SCIENCE BEHIND MINDFUL MEDITATION
 - FOUND ON: YOUTUBE
 - POSTED BY: UPRISING UK
 - JULY 20, 2016
 - [HTTPS://WWW.TED.COM/TALKS/ANDY_PUDDICOMBE_ALL_IT_TAKES_IS_10_MINDFUL_MINUTES?REFERRER=PLAYLIST-SLOW_DOWN_ENJOY_LIFE#T-219494](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?referrer=playlist-slow_down_enjoy_life#t-219494)
- HOW MINDFULNESS MEDITATION REDEFINES PAIN, HAPPINESS & SATISFACTION | DR. KASIM AL-MASHAT | TEDXSFU

- FOUND ON: YOUTUBE
 - POSTED BY: TED X TALKS
 - NOV 24, 2014
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=JVWLJC5ETEQ](https://www.youtube.com/watch?v=JVWLJC5ETEQ)
- [SELF-TRANSFORMATION THROUGH MINDFULNESS | DR. DAVID V AGO | TEDxNASHVILLE](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: TED X TALKS
 - APR 24, 2017
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=1NP5OEDMZKM&LIST=PLIFHWEFQRLZZXS5UJF1U5VFUFCTU2HAFB](https://www.youtube.com/watch?v=1NP5OEDMZKM&LIST=PLIFHWEFQRLZZXS5UJF1U5VFUFCTU2HAFB)
 - [WHY AREN'T WE TEACHING YOU MINDFULNESS | ANNEMARIE ROSSI | TEDxYOUTH@MILEHIGH](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: TED X TALKS
 - MAY 21, 2015
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=-YJPCDILEKI&INDEX=3&LIST=PLIFHWEFQRLZZXS5UJF1U5VFUFCTU2HAFB](https://www.youtube.com/watch?v=-YJPCDILEKI&INDEX=3&LIST=PLIFHWEFQRLZZXS5UJF1U5VFUFCTU2HAFB)
 - [HOW MINDFULNESS CAN HELP YOU TO LIVE IN THE PRESENT | REV. TAKAFUMI KAWAKAMI |](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: TED X TALKS
 - DECEMBER 20, 2015
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=GDMOC_WCTWO&LIST=PLIFHWEFQRLZZXS5UJF1U5VFUFCTU2HAFB&INDEX=4](https://www.youtube.com/watch?v=GDMOC_WCTWO&LIST=PLIFHWEFQRLZZXS5UJF1U5VFUFCTU2HAFB&INDEX=4)
 - [DON'T TRY TO BE MINDFUL | DARON LARSON | TEDxCOLUMBUS](#)

- FOUND ON: YOUTUBE
 - POSTED BY: TED X TALKS
 - DEC 20 2015
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=ZE6T34_P-84&INDEX=7&LIST=PLIFHWEFQRLZZXS5UJF1U5VFUFCJU2HAFB](https://www.youtube.com/watch?v=ZE6T34_P-84&INDEX=7&LIST=PLIFHWEFQRLZZXS5UJF1U5VFUFCJU2HAFB)
- [HOW MEDITATION CAN RESHAPE OUR BRAINS: SARA LAZAR AT TEDXCAMBRIDGE 2011](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: TED X TALK
 - JANUARY 23, 2012
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=M8RRZTTP7Tc&LIST=PLIFHWEFQRLZZXS5UJF1U5VFUFCJU2HAFB&INDEX=9](https://www.youtube.com/watch?v=M8RRZTTP7Tc&LIST=PLIFHWEFQRLZZXS5UJF1U5VFUFCJU2HAFB&INDEX=9)
- [DAN HARRIS: HACK YOUR BRAIN'S DEFAULT MODE WITH MEDITATION](#)
 - FOUND ON: BIG THINK
 - POSTED BY: DAN HARS
 - AUGUST 15, 2014
 - [HTTPS://BIGTHINK.COM/VIDEOS/DAN-HARRIS-HACK-YOUR-BRAINS-DEFAULT-T-MODE-WITH-MEDITATION](https://bigthink.com/videos/dan-harris-hack-your-brains-default-t-mode-with-meditation)
- [HOW LOVING KINDNESS MEDITATION MAKES YOU HEALTHIER, HAPPIER, AND KINDER](#)
 - FOUND ON: BIG THINK
 - POSTED BY: DANIEL COLEMAN
 - SEPTEMBER 30, 2017
 - [HTTPS://BIGTHINK.COM/VIDEOS/DANIEL-GOLEMAN-HOW-LOVING-KINDNESS-MEDITATION-MAKES-YOU-HEALTHIER-HAPPIER-AND-KINDER](https://bigthink.com/videos/daniel-goleman-how-loving-kindness-meditation-makes-you-healthier-happier-and-kinder)
- [MIND FITNESS: HOW MEDITATION BOOSTS YOUR FOCUS, RESILIENCE AND BRAIN](#)
 - FOUND ON: BIG THINK

- POSTED BY: DANIEL COLEMAN
- JANUARY 12, 2018
- [HTTPS://BIGTHINK.COM/VIDEOS/DANIEL-GOLEMAN-MIND-FITNESS-HOW-MEDITATION-BOOSTS-YOUR-FOCUS-RESILIENCE-AND-BRAIN](https://bigthink.com/videos/daniel-goleman-mind-fitness-how-meditation-boosts-your-focus-resilience-and-brain)
- [HOW MEDITATION TRANSFORMS THE WAY YOU EXPERIENCE PAIN](#)
 - FOUND ON: BIG THINK
 - POSTED BY: DANIEL COLEMAN
 - NOVEMBER 4, 2017
 - [HTTPS://BIGTHINK.COM/VIDEOS/DANIEL-GOLEMAN-HOW-MEDITATION-TRANSFORMS-THE-WAY-YOU-EXPERIENCE-PAIN](https://bigthink.com/videos/daniel-goleman-how-meditation-transforms-the-way-you-experience-pain)
- [MEDITATION CHANGES YOUR BRAIN FOR THE BETTER, EVEN IF YOU'RE NOT A MONK](#)
 - FOUND ON: BIG THINK
 - POSTED BY: WENDY SUZUKI
 - JUNE 26, 2015
 - [HTTPS://BIGTHINK.COM/VIDEOS/MEDITATION-AND-NEUROSCIENCE](https://bigthink.com/videos/meditation-and-neuroscience)
- [HOW LOVING-KINDNESS MEDITATION MAKES YOU HEALTHIER, HAPPIER, AND KINDER](#)
 - FOUND ON: BIG THINK
 - POSTED BY: DANIEL COLEMAN
 - SEPTEMBER 30, 2017
 - [HTTPS://BIGTHINK.COM/VIDEOS/DANIEL-GOLEMAN-HOW-LOVING-KINDNESS-MEDITATION-MAKES-YOU-HEALTHIER-HAPPIER-AND-KINDER](https://bigthink.com/videos/daniel-goleman-how-loving-kindness-meditation-makes-you-healthier-happier-and-kinder)
- [MIND IN A JAR - PLANTING SEEDS OF MINDFULNESS MOVIE!](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: MINDFUL CLOUD PBS
 - MAY 17, 2013

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=QNMMH6TQIMC](https://www.youtube.com/watch?v=QNMMH6TQIMC)

● ACTIVITIES

- 15 MINUTE GUIDED BREATH MEDITATION TO CALM THE MIND AND BODY
 - FOUND ON: YOUTUBE
 - POSTED BY: BOB BAKER
 - NOVEMBER 12, 2017
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=1LSJSL40xRQ](https://www.youtube.com/watch?v=1LSJSL40xRQ)
- MINDFULNESS GUIDED MEDITATION- 5 MINUTES
 - FOUND ON: YOUTUBE
 - POSTED BY: MARIA LEWIS
 - NOV. 3, 2013
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=DEZBDLN2BJC](https://www.youtube.com/watch?v=DEZBDLN2BJC)
- 10 MINUTE MINDFULNESS DRAWING MEDITATION: EASY ART TUTORIAL FOR RELAXATION AND SELF CARE
 - FOUND ON: YOUTUBE
 - POSTED BY: ARTFULLY, MINDFULLY
 - AUG. 10, 2017
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=0KCAFQ7C_CA](https://www.youtube.com/watch?v=0KCAFQ7C_CA)
- SLEEP MEDITATION: RELEASE WORRY GUIDED MEDITATION HYPNOSIS FOR A DEEP SLEEP & RELAXATION (1 HOUR)
 - FOUND ON: YOUTUBE
 - POSTED BY: JASON STEPHENSON- SLEEP MEDITATION MUSIC
 - DEC 12, 2016
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=JCDBCAM2PNU](https://www.youtube.com/watch?v=JCDBCAM2PNU)
- MEDITATION FOR DEPRESSION

- FOUND ON: YOUTUBE
 - POSTED BY: YOU PRODUCTION
 - MAR. 23, 2012
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=K_BHSDSUOP0](https://www.youtube.com/watch?v=K_BHSDSUOP0)
- [5 BEST MEDITATION PODCASTS FOR SENIORS](#)
- FOUND ON: LIFETIME DAILY
 - ARTICLE WITH RESOURCES:
 - [HTTPS://WWW.LIFETIMEDAILY.COM/5-BEST-MEDITATION-PODCASTS-FOR-SENIORS/#.W-FMZRUPPK4.LINK](https://www.lifetimedaily.com/5-best-meditation-podcasts-for-seniors/#.W-FMZRUPPK4.LINK)

EXERCISE PHYSIOLOGY RESOURCES

● VIDEOS

- THE BRAIN-CHANGING BENEFITS OF EXERCISE
 - FOUND ON: TEDTALK
 - BY: WENDY SUZUKI
 - NOV, 2017
 - [HTTPS://WWW.TED.COM/TALKS/WENDY_SUZUKI_THE_BRAIN_CHANGING_BENEFITS_OF_EXERCISE/UP-NEXT](https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise/up-next)
- MUSCLES, PART 1- MUSCLE CELLS: CRASH COURSE A&P #21
 - FOUND ON: YOUTUBE
 - POSTED BY: CRASHCOURSE
 - JUNE 8, 2015
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=KTV-CAOT6UQ&LIST=PLWWUK96XDR LUX6ZVFDDKNOLRQZPXFRLOL](https://www.youtube.com/watch?v=KTV-CAOT6UQ&list=PLWWUK96XDR LUX6ZVFDDKNOLRQZPXFRLOL)
- EXERCISE PHYSIOLOGY CRASHCOURSE- INTRODUCTION- WHAT IS EXERCISE PHYSIOLOGY
 - FOUND ON: YOUTUBE
 - POSTED BY: EXERCISE SCIENCE RESEARCH REVIEWS AND COURSES
 - NOV. 20, 2017
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=CYMMHFOMPME](https://www.youtube.com/watch?v=CYMMHFOMPME)
- LEBRON ASKS: WHAT MUSCLES DO WE USE WHEN SHOOTING A BASKET?
 - FOUND ON: YOUTUBE
 - POSTED BY: KHAN ACADEMY
 - SEPT 4, 2012

- [HTTPS://WWW.KHANACADEMY.ORG/SCIENCE/HIGH-SCHOOL-BIOLOGY/HS-HUMAN-BODY-SYSTEMS/HS-THE-MUSCULOSKELETAL-SYSTEM/V/LEBRON-ASKS-WHAT-MUSCLES-DO-WE-USE-WHEN-SHOOTING-A-BASKET](https://www.khanacademy.org/science/high-school-biology/hs-human-body-systems/hs-the-musculoskeletal-system/v/lebron-asks-what-muscles-do-we-use-when-shooting-a-basket)

● ACTIVITIES

- [20 MINUTE EXERCISE FOR SENIORS, ELDERLY, & OLDER SEATED CHAIR EXERCISE WORKOUT ROUTINES](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: HASFIT
 - DEC. 21, 2016
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=8CE4IjWlQ18](https://www.youtube.com/watch?v=8CE4IjWlQ18)
- [12 EXERCISES THAT IMPROVE BALANCE](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: SILVERSNEAKERS EDITORS
 - JAN. 2, 2018
 - [HTTPS://WWW.SILVERSNEAKERS.COM/BLOG/FIT-FOR-LIFE-EXERCISES-IMPROVE-BALANCE/](https://www.silversneakers.com/blog/fit-for-life-exercises-improve-balance/)
- [SEATED THERABAND EXERCISE FOR SENIORS](#)
 - FOUND ON: YOUTUBE
 - BY: ANGELA LAM (RECREATIONAL THERAPIST)
 - SEPT. 6, 2015
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=ICV4NAPYIB0](https://www.youtube.com/watch?v=ICV4NAPYIB0)
- [YOUR DAILY WORKOUT: 30 - MINUTE STRENGTH CIRCUIT](#)
 - FOUND ON: YOUTUBE
 - BY: SILVERSNEAKER
 - JAN 2, 2018

- [HTTPS://WWW.SILVERSNEAKERS.COM/BLOG/FIT-FOR-LIFE-DAILY-WORKOUT-STRENGTH/](https://www.silversneakers.com/blog/fit-for-life-daily-workout-strength/)
- [SENIOR FITNESS - 99 YEAR OLD KEEP FIT TEACHER- LESSON 1](#)
 - FOUND ON: YOUTUBE
 - BY: ORI WEISER
 - SEP 21, 2010
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=6MOKJKEF_HY](https://www.youtube.com/watch?v=6MOKJKEF_HY)
- [\(1 HR\) LIVELY CHAIR YOGA CLASS WITH TATIS CERVANTES-AIKEN AT YOGA VISTA](#)
 - FOUND ON YOUTUBE
 - BY: TATIS CERVANTES
 - MAR 16, 2016
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=4ECB3TFHNTG](https://www.youtube.com/watch?v=4ECB3TFHNTG)
- [PRIORITY ONE- GETTING STARTED- 106](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: PPMTV
 - OCT 26, 2012
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=0A55EMyB8S0](https://www.youtube.com/watch?v=0A55EMyB8S0)
- [CORE WORKOUT PROGRAM \(SEATED EXERCISES\) FOR SENIORS BY CURTIS ADAMS](#)
 - FOUND ON: YOUTUBE
 - BY CURTIS ADAMS
 - OCT. 31, 2015
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=c22RfIEzKV4](https://www.youtube.com/watch?v=c22RfIEzKV4)
- [30 MIN SENIOR WORKOUT ROUTINES-STANDING & SEATED CHAIR EXERCISE FOR SENIORS, ELDERLY, OLDER PEOPLE](#)
 - FOUND ON: YOUTUBE

- POSTED BY: HASFIT
- FEB 16, 2017
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=ASXGYU7IFxE](https://www.youtube.com/watch?v=ASXGYU7IFxE)

HEART EDUCATION

● VIDEOS

○ WHAT IS HEART FAILURE

- BY: KHAN ACADEMY,
- FOUND ON: YOUTUBE
- JAN 11, 2015
- [HTTPS://WWW.KHANACADEMY.ORG/SCIENCE/HEALTH-AND-MEDICINE/CIRCULATORY-SYSTEM-DISEASES/HEART-FAILURE/V/WHAT-IS-HEART-FAILURE](https://www.khanacademy.org/science/health-and-medicine/circulatory-system-diseases/heart-failure/v/what-is-heart-failure)

○ SYMPTOMS OF LEFT SIDED HEART FAILURE

- BY: KHAN ACADEMY
- FOUND ON: YOUTUBE
- JUN. 11, 2015
- [HTTPS://WWW.KHANACADEMY.ORG/SCIENCE/HEALTH-AND-MEDICINE/CIRCULATORY-SYSTEM-DISEASES/HEART-FAILURE/V/SYMPTOMS-OF-LEFT-SIDED-HEART-FAILURE](https://www.khanacademy.org/science/health-and-medicine/circulatory-system-diseases/heart-failure/v/symptoms-of-left-sided-heart-failure)

○ HYPERTENSION EFFECTS ON THE BLOOD VESSELS

- BY: KHAN ACADEMY
- FOUND ON: YOUTUBE
- SEPT. 12, 2012
- [HTTPS://WWW.KHANACADEMY.ORG/SCIENCE/HEALTH-AND-MEDICINE/CIRCULATORY-SYSTEM-DISEASES/HYPERTENSION/V/HYPERTENSION-EFFECTS-ON-THE-BLOOD-VESSELS](https://www.khanacademy.org/science/health-and-medicine/circulatory-system-diseases/hypertension/v/hypertension-effects-on-the-blood-vessels)

○ WHAT IS HYPERTENSION

- BY: KHAN ACADEMY

- FOUND ON YOUTUBE
- SEPT 4, 2015
- [HTTPS://WWW.KHANACADEMY.ORG/SCIENCE/HEALTH-AND-MEDICINE/CIRCULATORY-SYSTEM-DISEASES/HYPERTENSION-2/V/WHAT-IS-HYPERTENSION-2](https://www.khanacademy.org/science/health-and-medicine/circulatory-system-diseases/hypertension-2/v/what-is-hypertension-2)
- [HEART FAILURE TREATMENT- EARLY STAGES](#)
 - BY: KHAN ACADEMY
 - FOUND ON YOUTUBE
 - JAN. 11, 2015
 - [HTTPS://WWW.KHANACADEMY.ORG/SCIENCE/HEALTH-AND-MEDICINE/CIRCULATORY-SYSTEM-DISEASES/HEART-FAILURE/V/HEART-FAILURE-TREATMENT-EARLY-STAGES](https://www.khanacademy.org/science/health-and-medicine/circulatory-system-diseases/heart-failure/v/heart-failure-treatment-early-stages)
- [THE HEART, PART 1-UNDER PRESSURE: CRASH COURSE A&P #25](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: CRASH COURSE
 - JULY 6, 2015
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=X9ZZ6TCXARI](https://www.youtube.com/watch?v=X9ZZ6TCXARI)
- [THE HEART, PART 2- HEART THROBS: CRASH COURSE A&P #26](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: CRASH COURSE
 - JULY 13, 2015
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=FLBMwcvOAE0](https://www.youtube.com/watch?v=FLBMwcvOAE0)
- [FLOW THROUGH THE HEART | CIRCULATORY SYSTEM PHYSIOLOGY | NCLEX-RN | KHAN ACADEMY](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: KHANACADEMYMEDICINE

- PUBLISHED ON OCT 10, 2012
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=7XAFTDE_H60](https://www.youtube.com/watch?v=7XAFTDE_H60)
- [CIRCULATORY SYSTEM RAP \(PUMP IT UP!\)](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: SCIENCEMUSICVIDEOS
 - JUL 22, 2012
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=KSBBDNBSEYM](https://www.youtube.com/watch?v=KSBBDNBSEYM)
- [HEART FAILURE](#)
 - FOUND ON : YOUTUBE
 - POSTED BY: NUCLEUS MEDICAL MEDIA
 - SEP 12, 2012
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=MHYE02FWSPS](https://www.youtube.com/watch?v=MHYE02FWSPS)
- [WHAT HAPPENS DURING A HEART ATTACK? - KRISHNA SUDHIR](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: TED-ED
 - FEB 14, 2017
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=3_PYNWVOUZM](https://www.youtube.com/watch?v=3_PYNWVOUZM)
- [THE HEART AND CIRCULATORY SYSTEM - HOW THEY WORK](#)
 - FOUND ON YOUTUBE
 - POSTED BY: MAYO CLINIC
 - JUN 19, 2013
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=CWFYXN0QDEU](https://www.youtube.com/watch?v=CWFYXN0QDEU)
- [HOW TO KEEP YOUR HEART FROM KILLING YOU | MICHAEL ROCHA | TEDxNEWBEDFORD](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: TED X TALKS

- DEC 7, 2015
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=FW4IMN7WUEA](https://www.youtube.com/watch?v=FW4IMN7WUEA)
- [KEN JEONG AHA HANDS-ONLY CPR VIDEO](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: AMERICAN HEART ASSOCIATION
 - JUN 15, 2011
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=N5HP4DIBCEE#ACTION=SHARE](https://www.youtube.com/watch?v=N5HP4DIBCEE#ACTION=SHARE)

● ACTIVITY:

- [CIRCULATORY SYSTEM MUSICAL QUIZ \(HEART QUIZ\)](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: SCIENCEMUSICVIDEOS
 - SEP 2, 2012
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=T2iVQIckMPQ](https://www.youtube.com/watch?v=T2iVQIckMPQ)
- [BLAST OFF](#)
 - [HTTPS://WWW.FNS.USDA.GOV/APPS/BLASTOFF/BLASTOFF_GAME.HTML](https://www.fns.usda.gov/apps/blastoff/blastoff_game.html)
 - GAME BY THE USDA
- [EASY HEART ACTIVITIES](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: THE PURPLE ALPHABET
 - FEB 11, 2018
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=p8H3YQO_0MY](https://www.youtube.com/watch?v=p8H3YQO_0MY)
- [VALENTINE CRAFT ACTIVITIES: GLUE HEART PENDANT FOR VALENTINE'S DAY](#)
 - FOUND ON: YOUTUBE
 - POSTED BY: BROADCAST SUNNY
 - JAN 14, 2015

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=0CW_GGNGQOE](https://www.youtube.com/watch?v=0cw_ggngqoe)

RECOMMENDED RESEARCH WEBSITES

- YOUTUBE
- TEDTALK
- DISCOVERY
- [THINK BIG](#)
- PODCASTS
- [KHAN ACADEMY](#)
- CDC
- [NATIONAL HEART LUNG AND BLOOD INSTITUTE](#)
- AMERICAN HEART ASSOCIATION
- KAISER FOUNDATION
- [SILVERSNEAKERS](#)