



My Amazing Heart!



Did you know you have an amazing little pump inside your body?
It's your **heart**!

Your heart is about the size of your fist, and it has a very important job. It pumps blood all around your body—from the top of your head to the tips of your toes!

Your blood carries oxygen and other important things your body needs to stay healthy, grow, think, and play.

And your heart is a very hard worker.

When you're sleeping, your heart is working.

When you're reading, your heart is working.

And when you're running and playing, your heart may beat even faster to help your busy body!

You can even feel your heart working. Place your hand gently on your chest.
Can you feel it beating?

Thump-thump. Thump-thump.

That's your amazing heart doing its job!

You can help take care of your heart, too. Moving your body, playing outside, eating healthy foods, drinking water, and getting plenty of sleep are all great ways to help your body stay healthy and strong.

Your heart works hard for you every single day.

So run.

Play.

Laugh.

Learn.

And take good care of your amazing heart! 

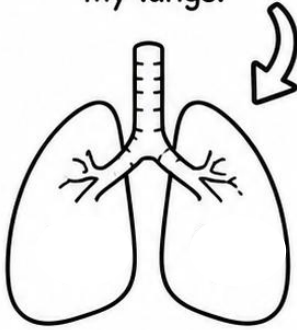


MY AMAZING HEART!

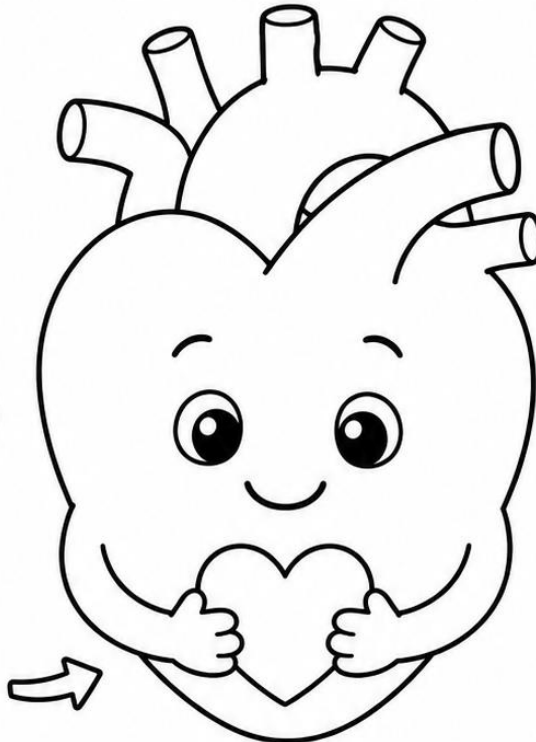
My heart is a strong little pump.
It works all day and all night!



1. I breathe in oxygen.
It goes into my lungs.



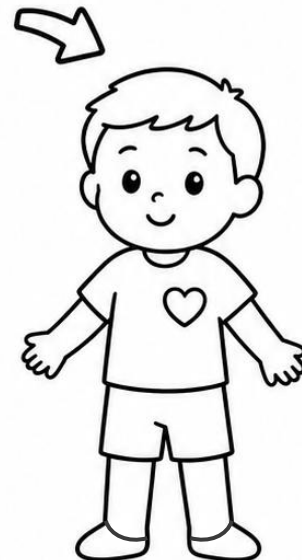
2. My lungs put oxygen into my blood.



The oxygen helps my brain, muscles, and all my body work, grow, and play!



3. My heart pumps the oxygen-rich blood all around my body!



I can take care of my heart!



Be active



Eat healthy



Drink water



Get sleep



Be happy!





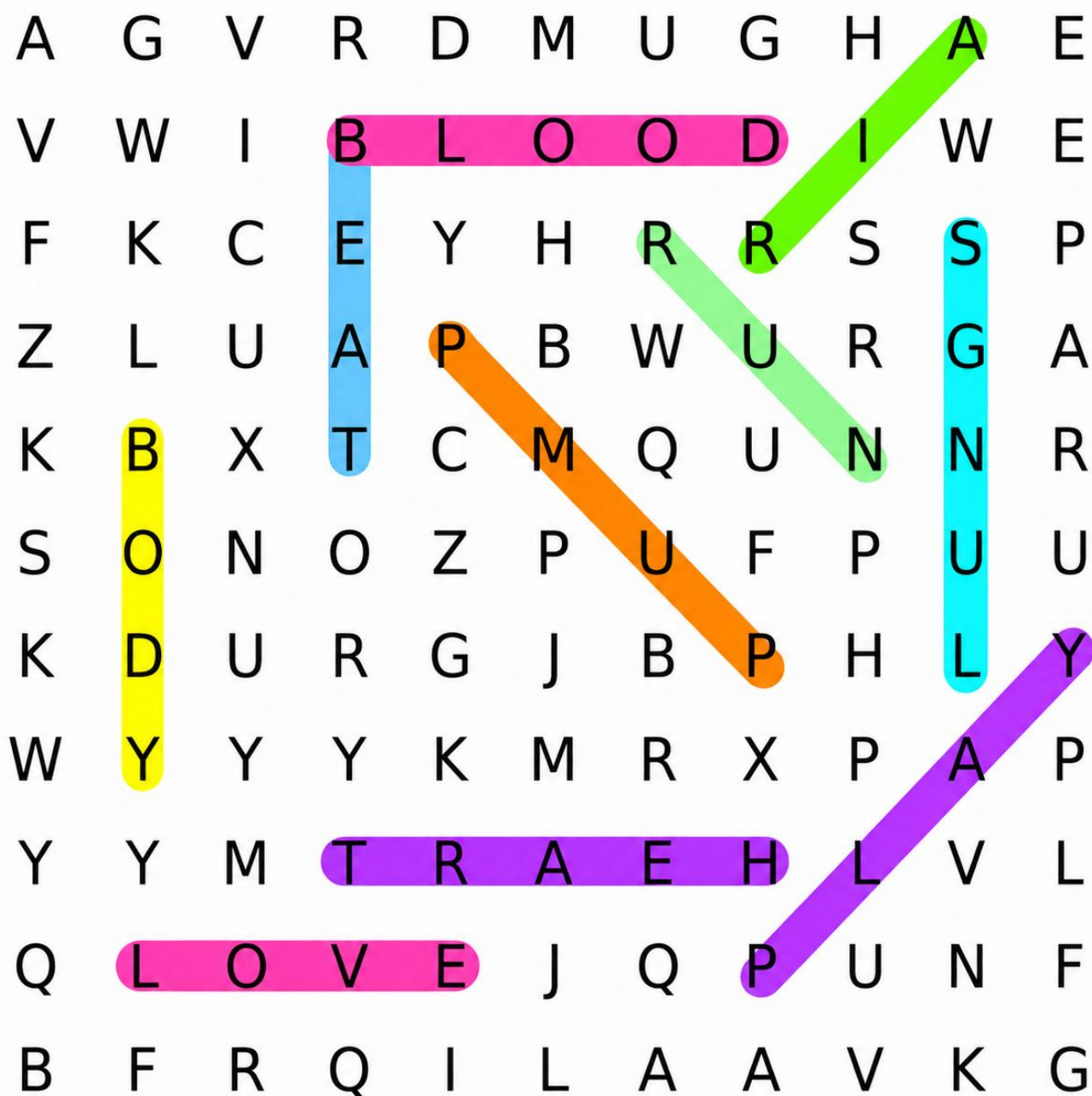
My Amazing Heart!

A G V R D M U G H A E
V W I B L O O D I W E
F K C E Y H R R S S P
Z L U A P B W U R G A
K B X T C M Q U N N R
S O N O Z P U F P U U
K D U R G J B P H L Y
W Y Y Y K M R X P A P
Y Y M T R A E H L V L
Q L O V E J Q P U N F
B F R Q I L A A V K G

Heart • Blood • Lungs • Air • Body • Pump •
Beat • Play • Run • Love



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My Amazing Heart!

What Did You Learn About Your Amazing Heart?

1. What does your heart do?

- A. Pumps blood
- B. Brushes your teeth
- C. Ties your shoes

2. What do you breathe in that your body needs?

- A. Juice
- B. Oxygen
- C. Sand

3. What helps put oxygen into your blood?

- A. Your lungs
- B. Your feet
- C. Your ears

4. Your heart pumps oxygen-rich blood to:

- A. Just your toes
- B. Just your nose
- C. All around your body

5. Which is a healthy choice for your heart?

- A. Playing and moving your body
- B. Never sleeping
- C. Never drinking water



Check Your Work!

★ Answer Key

My Amazing Heart

A — Pumps blood

B— Oxygen

A — Your lungs

C — All around your body

A — Playing and moving your body

Great Job!

In the space below, draw and color a picture of something that you learned about your amazing heart.

Maybe it will be a picture of someone you love.

Maybe it will be a picture of how you keep your heart healthy. ❤️

You can draw and color anything you want!