

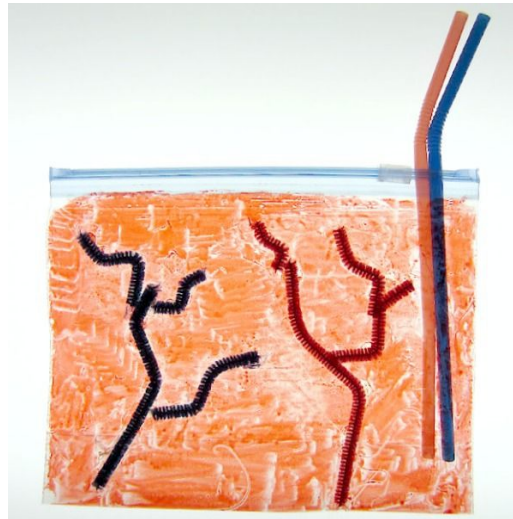


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Ziploc Heart

Component: STEM

Time: 30 minutes



Materials:

- A Ziploc bag
- Two straws (one red and one blue)
- Two pipe cleaners (one red and one blue)
- A large red marker
- Scotch tape

Procedure:

- Before making the heart craft, you could do some other cardiac learning activities:
 - Take a toy stethoscope (*or real stethoscope if you have one*) and listen to the heart beats of each other
 - Let the kids move to the rhythm of a song and afterward let them listen to the heartbeat of their neighbor's heart



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- Repeat this experiment while relaxing to compare their data – Remember to make a return on their observations and experiments.
 - Read a book about the heart or to find a simple but realistic picture. With my son, we found that there is a vena cava and the aorta coming out of the heart. Then we saw that there are ventricles in the heart , and finally, that there are cardiac veins and coronary arteries of the heart muscle.
- **Create an inflatable heart**
- First, ask the children to color in red one side of the bag with the red marker.
 - Then have them cut out the pipes cleaners in different lengths. You could leave a picture of the heart close so they can easily refer to it.
 - Tape the pipe cleaners on the bag to recreate the cardiac veins and coronary arteries.
 - **Note:** Make clear to students that they have to make ONE cardiac vein (blue) and ONE coronary artery (red).
 - Insert a blue and red straw and zip the bag. Their heart is ready to beat the rhythm!
 - Have students gently blow into the straw and watch as the heart beats.