



CIRCULATORY SYSTEM HOME LEARNING ACTIVITIES

Creating models to help better understand our bodies

1. X-Ray Self-Portrait

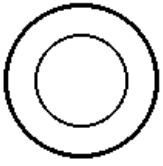
- Draw a picture of your face or body.
- Place tracing paper on top and tape lightly.
- Draw heart, arteries, and veins on the top sheet.
- Colour arteries red and veins blue.
- Lift the sheet to see your 'X-ray' effect.

2. Pulse-Pattern Portrait



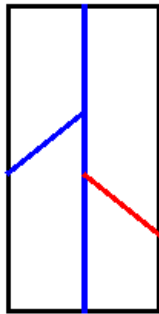
- Find your pulse and count beats for 15 seconds.
- Multiply by 4 to get beats per minute.
- Draw a self-portrait.
- Add pulse patterns around your portrait.
- Do exercise and measure again.
- Add new pulse patterns in different colours.

3. Fingerprint Circulation Art



- Draw yourself in the centre of the page.
- Add fingerprints around the page.
- Connect them with red and blue lines as blood vessels.
- Add fun labels like 'Oxygen Delivery!'.

4. Build-Your-Own Vein Map



- Trace your hand and arm.
- Draw visible veins.
- Add arteries in red.
- Label the biggest vessels.

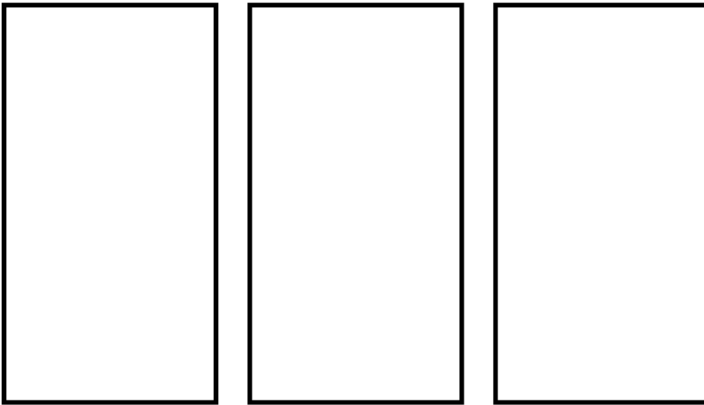
5. Heart Rate Painting



- Measure your resting heart rate.
- Draw your self-portrait.
- Paint calm brushstrokes around it.

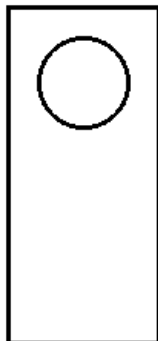
- Do exercise and measure your heart rate again.
- Add fast, energetic brushstrokes.

6. Circulatory System Comic



- Fold paper into comic panels.
- Create a red blood cell character.
- Draw each stop on its journey.
- Add yourself in the final panel.

7. Life-Size Body Outline Vessel Map



- Trace your body on large paper.
- Draw your face and clothes.
- Add your heart.
- Draw red arteries and blue veins.

8. Heart-Shaped Self-Portrait Frame

- Draw a big heart shape.
- Draw your self-portrait inside.
- Add arteries and veins around the heart.
- Decorate with small designs.





9. DIY Stethoscope

- Make a simple stethoscope using a tube and balloon.
- Listen for your heartbeat.
- Draw a cartoon heart and label it.
- Add a drawing of yourself using the stethoscope.

10. Inside Me Flipbook



- Staple papers into a booklet.
- Page 1: Self-portrait.
- Page 2: Skeleton.
- Page 3: Circulatory system.
- Flip to see each body layer.