



## Class Suggested Activities during the week of the second class:

Class Two:

Blood ~ Heart ~ Respiration ~ Injury and Healing

Anatomy books: activities or experiments see Creation Anatomy: A Study Guide to the Miracle of the Body for ideas of suggested titles.

Activity:

Vocabulary Cards

Word Search

Growth Chart and Growth Chart Journal

Younger Students: Draw Your Body Outline on large sheets of paper we will use this to fill in various systems of the body as we study anatomy

Draw in your heart, lungs and veins (see handouts)

Listen to the class audio

Stop the audio and take notes of important points

Discussion:

When was the last time you had a cut? Can you remember getting a scab?

Can you make your heart beat faster? Explain some ways.

Suggested Plan:

1. Look over the website suggestions for this week, and visit those that appeal to your family. (Moms remember to check these out first, websites change)
2. Vocabulary: The activity pack contains all of the definitions for the vocabulary words.
  - a. Print out the vocabulary words for this unit study.
  - b. Review those you don't know and write definitions.
  - c. You may check the definitions you find with those in our activity pack.
3. Vocabulary Cards: create these and study
4. Vocabulary Game (heart for younger children or fishing game)

5. Listen to the audios several times and take notes on the accompanying handouts. Research additional information of interest to your family.
6. Discussion Questions: See above
7. Fun additional activities:
  - a. Practice standing very straight. This is uncomfortable. What are ways to stand up straight? (Hint: Lift the bottom of your ribs up and it will help you automatically stand straight.)
  - b. Find your rib cage. Explain the heart and lungs are protected by the rib cage.
  - c. Heart beat: Have the children feel their heart beat at rest. Then have them jump up and down and feel their heart beat again. Have them discuss the difference. [Variation for older students: measure your pulse, at rest and again after exercise.]
  - d. Hold breath: Time how long each person can hold their breath. Can you increase the length of time? Practice each day and see if you can lengthen your time. Chart your results.
  - e. Rubber band vocal cords: You can use an empty box without a lid. (small or large) and stretch rubber bands over the box. Use 12 rubber bands of different sizes. Can you make different sounds? How can you change the pitch? [Hint: stretch the rubber bands longer or shorter to change the pitch.]