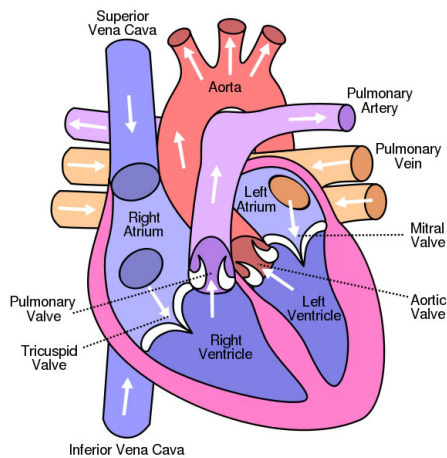


Hello everyone!

Today we are going to be talking about and building the human heart! Did you know?



- Your heart is a muscle that pumps blood through your body to deliver oxygen and other important nutrients to your body.
- The heart works non-stop! It beats about 115,000 times a day and pumps about 2,000 gallons of blood every day!
- The study of the human heart and its various disorders is known as cardiology.
- The heart is made up of four chambers, the left atrium, right atrium, left ventricle and right ventricle.
- Blood vessels called arteries and veins work together to carry blood back and forth from your heart to every part of your body in a process called circulation.
- The beating sound of your heart is made by the valves opening and closing to distribute the blood.
- If you make a fist, that is about the size of your heart.
- In addition to exercise and eating well, laughing is good for your heart. It reduces stress and gives a boost to your immune system.

Want to see a short, animated video about the heart? **Although this is a short (2min 30 sec) animated video for kids, parents we recommend you watch it first to make sure you are ok with it.**

<https://www.youtube.com/watch?v=TmcXm-8H-ks>

Here's our model for today that you can build at home with your LEGO bricks. Although our model looks much different than a real heart, this symbol has been used for hundreds of years to represent the heart as well as love. Don't worry if you don't have all the red bricks in the picture, feel free to use your imagination and creativity in your heart model. Can you make it bigger? Smaller? More complicated? More colorful? What ideas can you come up with? Feel free to post them or send them to us! Also, if you have lots of different bricks at home, there

are a few videos on youtube that will show you step-by-step how to build some other versions of the LEGO heart!



# Heart ●

