

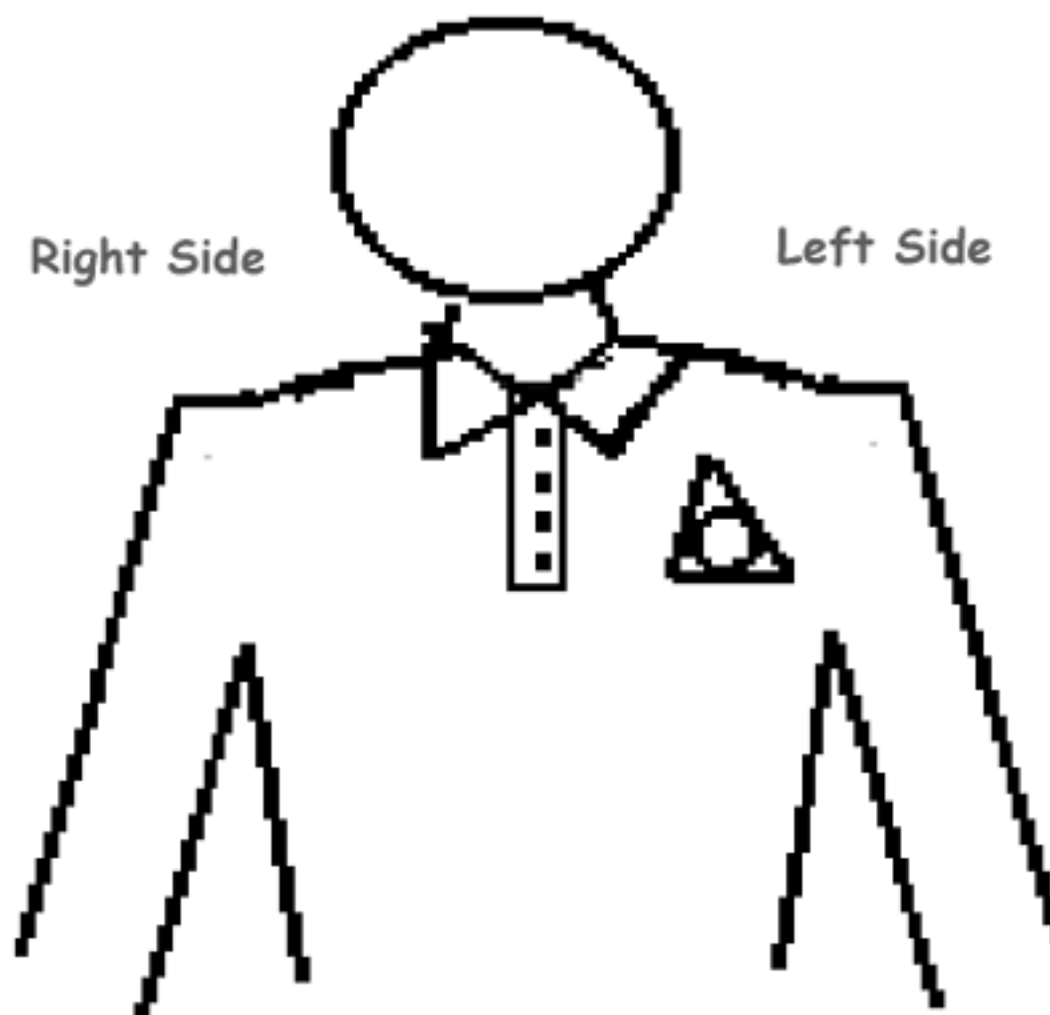
My Happy Healthy Heart Booklet

Dear Kids:

Did you know that your heart is a very special muscle? It is so very special because it beats every minute of the day to keep you alive. It has a very important job - to pump blood all around your body. It pumps blood, which carries oxygen to your muscles. Blood also carries the food your body needs to work properly and do things - like jumping, reading, sleeping. In class we explored some heart facts. **Can you answer these two questions?**

1. How big is your heart? Draw the size of your heart in the space below.

2. Your heart is found within your ribcage. On the picture below, can you draw the heart to show where it can be found inside your chest?



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