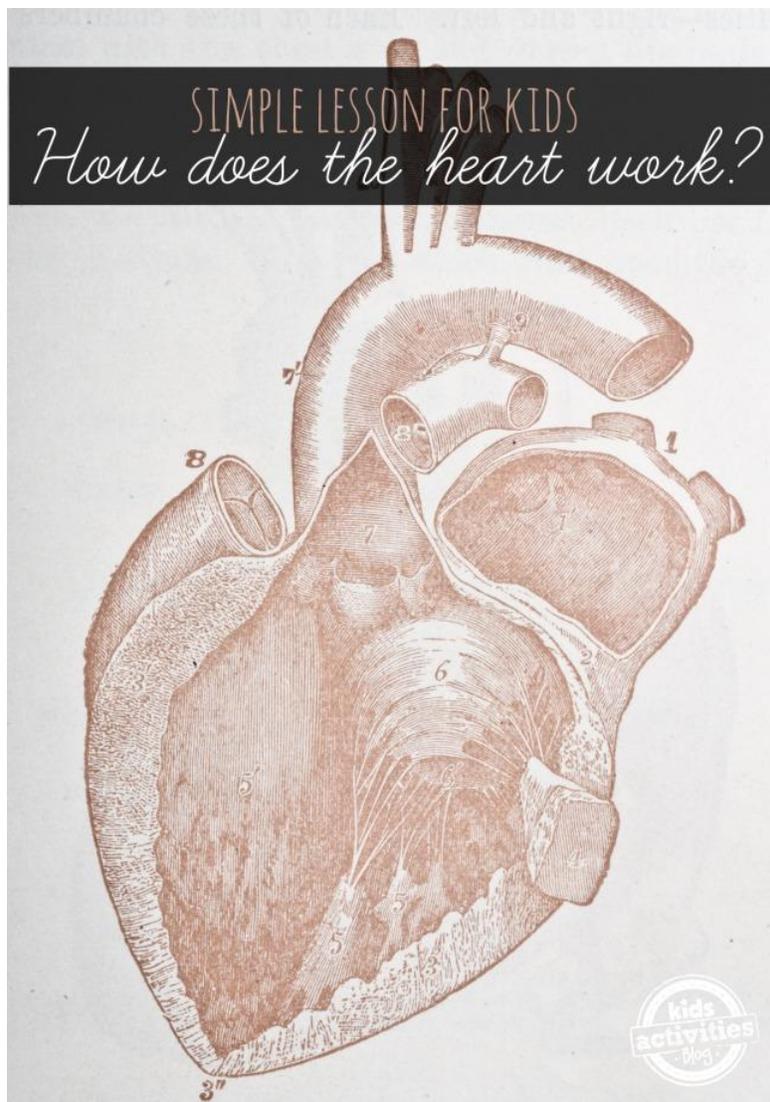


Human Heart for Kids: How Does the Heart Work?

August 1, 2013 by [Rebecca](#)

Learning about the **human heart for kids** is one of the body's most exciting adventures! Because we can't see it in action, it is a difficult concept for some children {and adults} to grasp. Here are some fun ways for children to [learn about the heart](#) as they feel, hear, and "see" it in action.

Kids Activities Blog loves when simple lessons for kids are hands-on play!



Human Heart for Kids

What does a heart do?

In simplest terms, a heart is a pump that pushes blood all over the body. We need the blood delivered because it carries the oxygen (among other things)our organs and tissues need to function.

See a Heart in Action

Drill a hole in a tennis ball and dunk it in a bucket full of water. Once the ball is full of water, pump it with your fist with the hole facing upwards.

Explain to your children that each time your heart squeezes, blood, like the water, is pushed out of the heart. When the ball is empty, relax your fist and let it regain its shape. This is when the heart fills back up with blood from the lungs to be pushed out into the body.



Hear a Heart in Action

Use an empty paper towel tube to create a stethoscope. Place one end of the tube to your heart and instruct your child to place their ear on the other end. Ask them what they hear. You may need to move it around a bit to hear the heart beat. Explain to your children that the “lub-dub” sound they hear is the heart pushing the blood out and filling back up.

Feel A Heart in Action

Place your two fingers on your wrist to feel your pulse and instruct your children to. Explain to them that they can feel the heart pushing the blood through their bodies by feeling this pulse. Have them count how many times they feel it in a ten second window.

Next, have them do both a light activity (climb the stairs) and a strenuous activity (run around the backyard) and count their pulse again after each exercise. Explain to them that by exercising, their body needs more blood and oxygen, so the heart will speed up its pumping.

Amazing!



More Kids Activities

We hope your child enjoys these human heart for kids activities. What other activities have you used to help your child learn about the heart? We'd love to hear about them! Here are a few more heart related kids activities to enjoy:

- [Color the Human Heart and Other Organs](#)
- [Learn about the Heart with a Homemade Inflatable Heart](#)
- [Heart Beat Info for Kids from Kids Health](#)