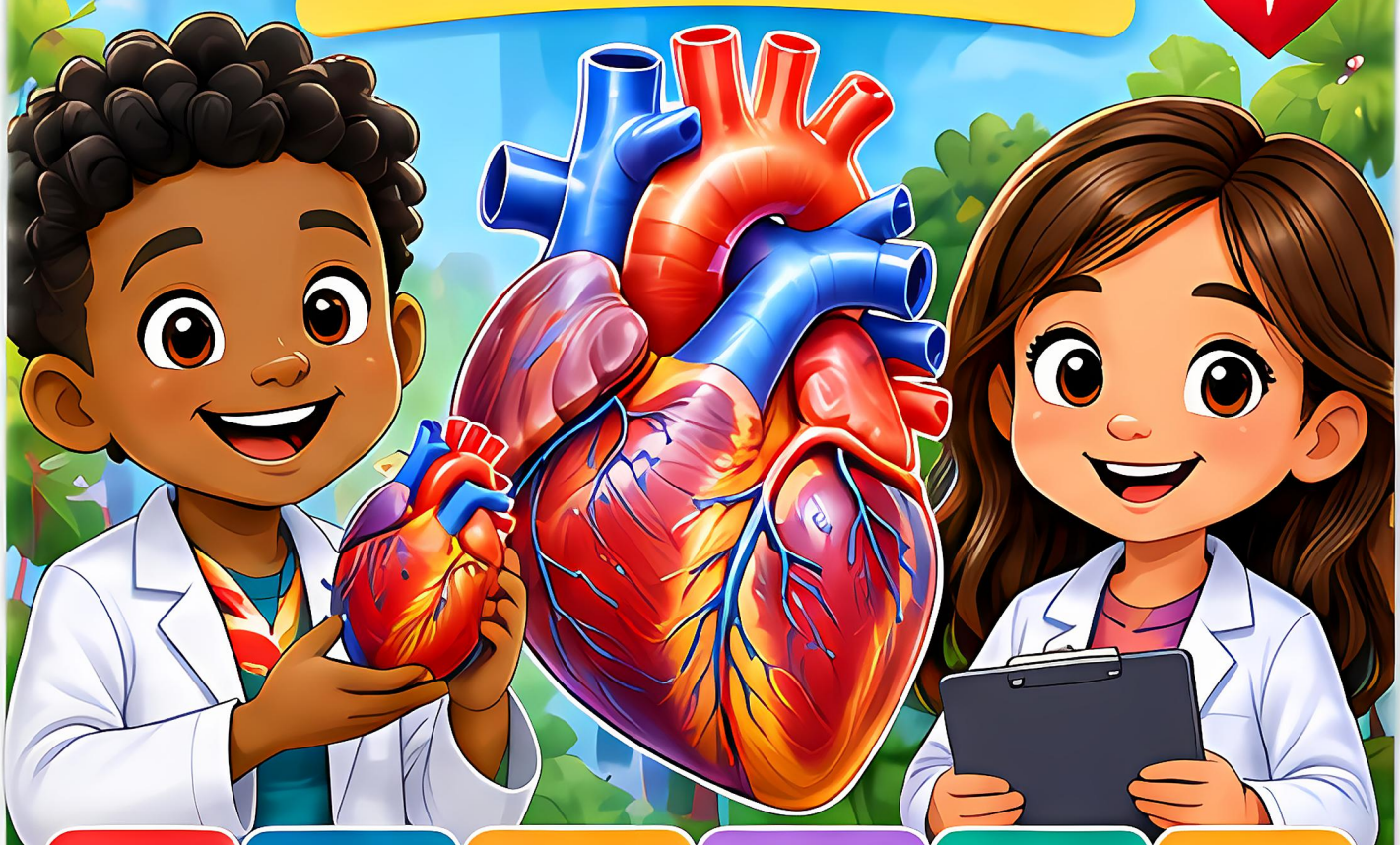
THRIVE
Homeschool Academy

AGES 6–12

Build the HUMAN HEART

Activity Workbook



BUILD | LEARN | PUZZLES | COLOUR | GAMES | QUIZ

EXPLORE • DISCOVER • LEARN • CREATE

Meet the Thrive Explorers

Join Amina and Leo as they explore the amazing human heart!



Amina

I love learning about human body and how it works!

Leo

I'm excited to build the heart and discover how it beats!

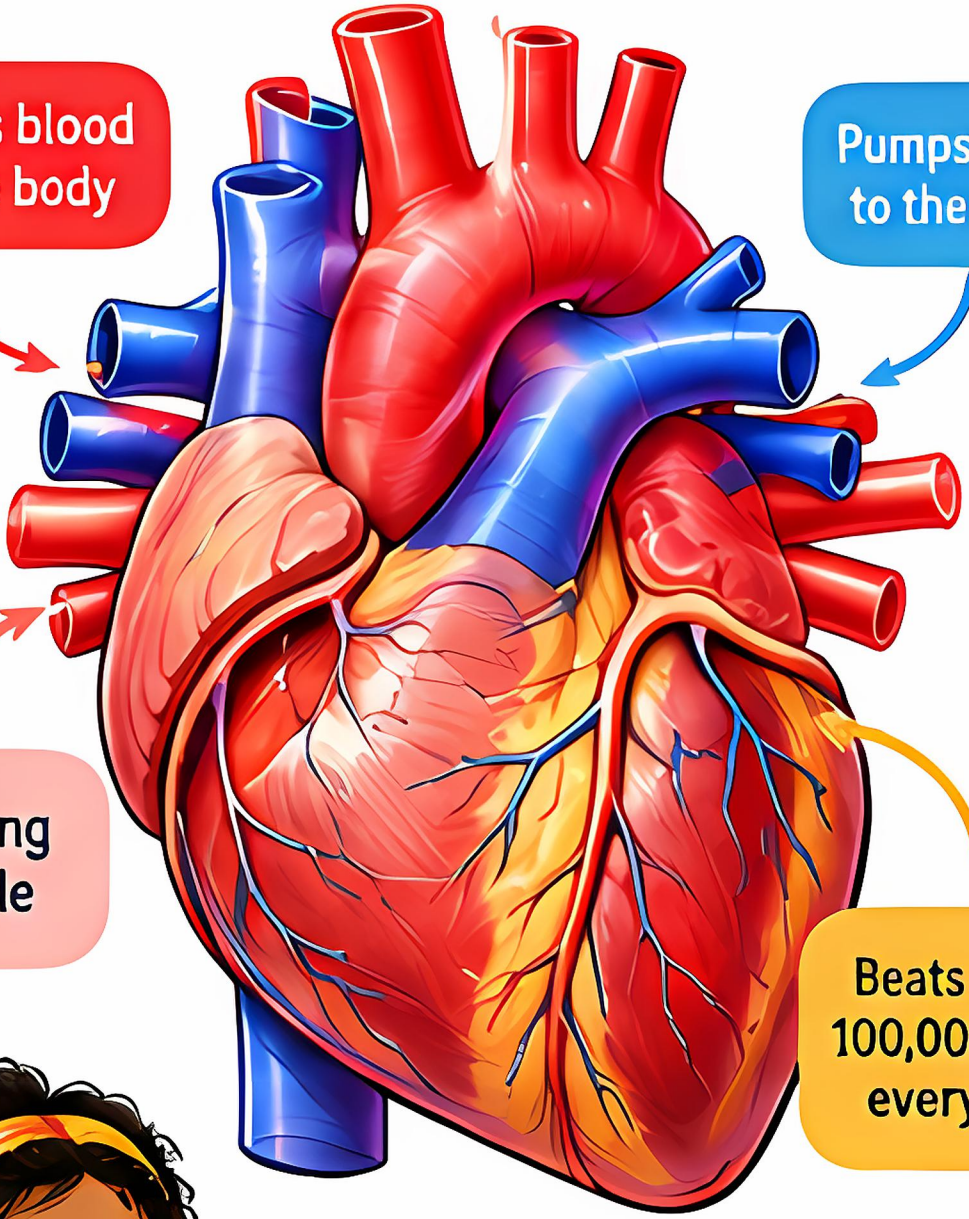
In this workbook you will:

- Build a 3D human heart
- Learn how the heart works
- Complete fun activities and puzzles
- Explore amazing facts
- Test your knowledge
- Earn a certificate!



What is the Heart?

The heart is a strong muscle that pumps blood around your body. It works all the time, day and night, to keep you alive.



Pumps blood to the body

Pumps blood to the lungs

A strong muscle

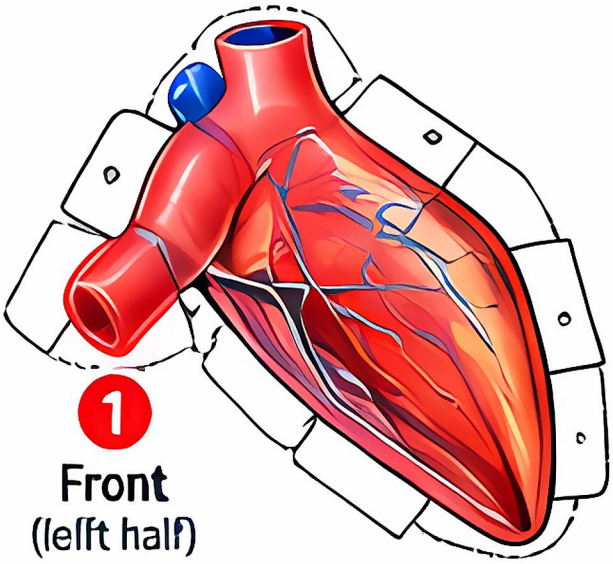
Beats about 100,000 times every day!



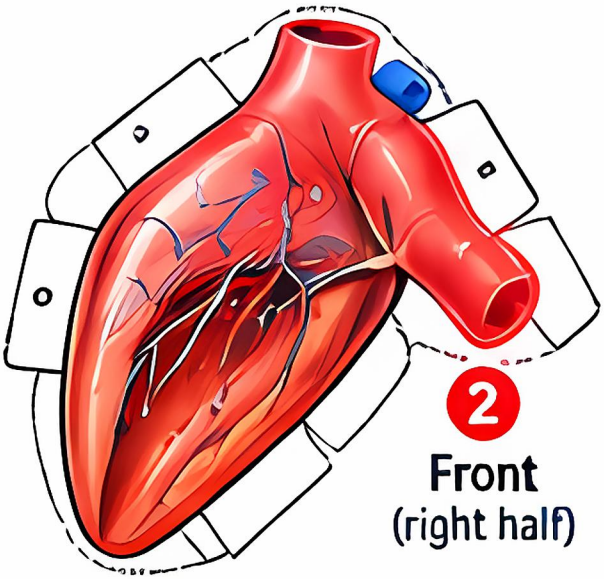
Your heart is about the size of your fist!

Build Your 3D Heart

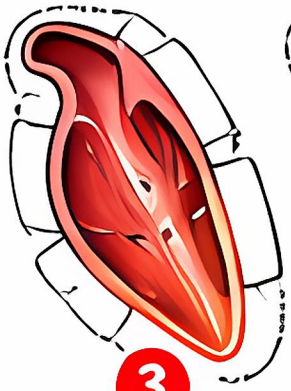
Cut out all the pieces. Follow the numbers and glue the layers together to build your 3D heart.



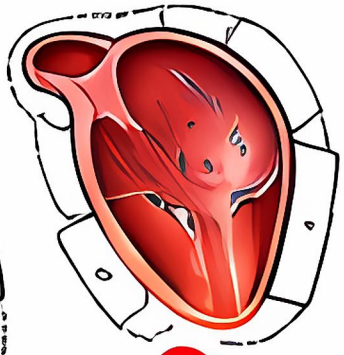
1 Front (left half)



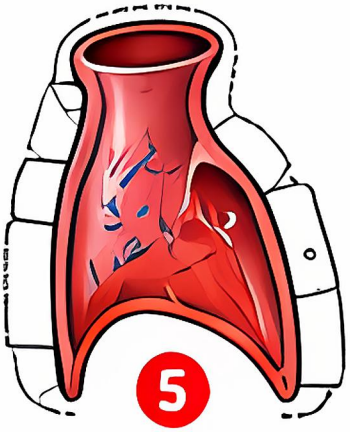
2 Front (right half)



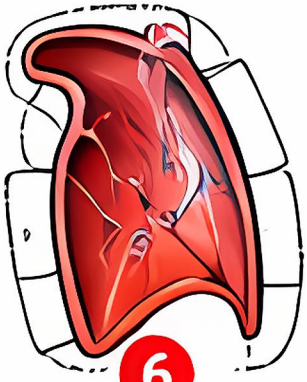
3 Left atrium



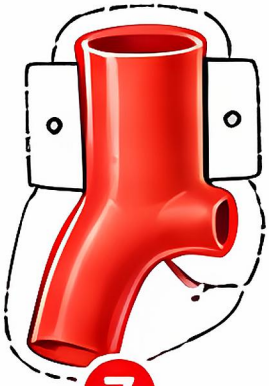
4 Right atrium



5 Left ventricle



6 Right ventricle



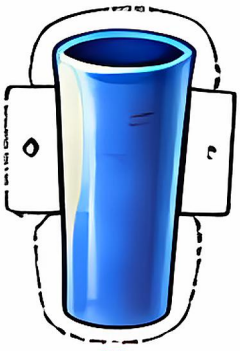
7 Aorta



8 Pulmonary artery



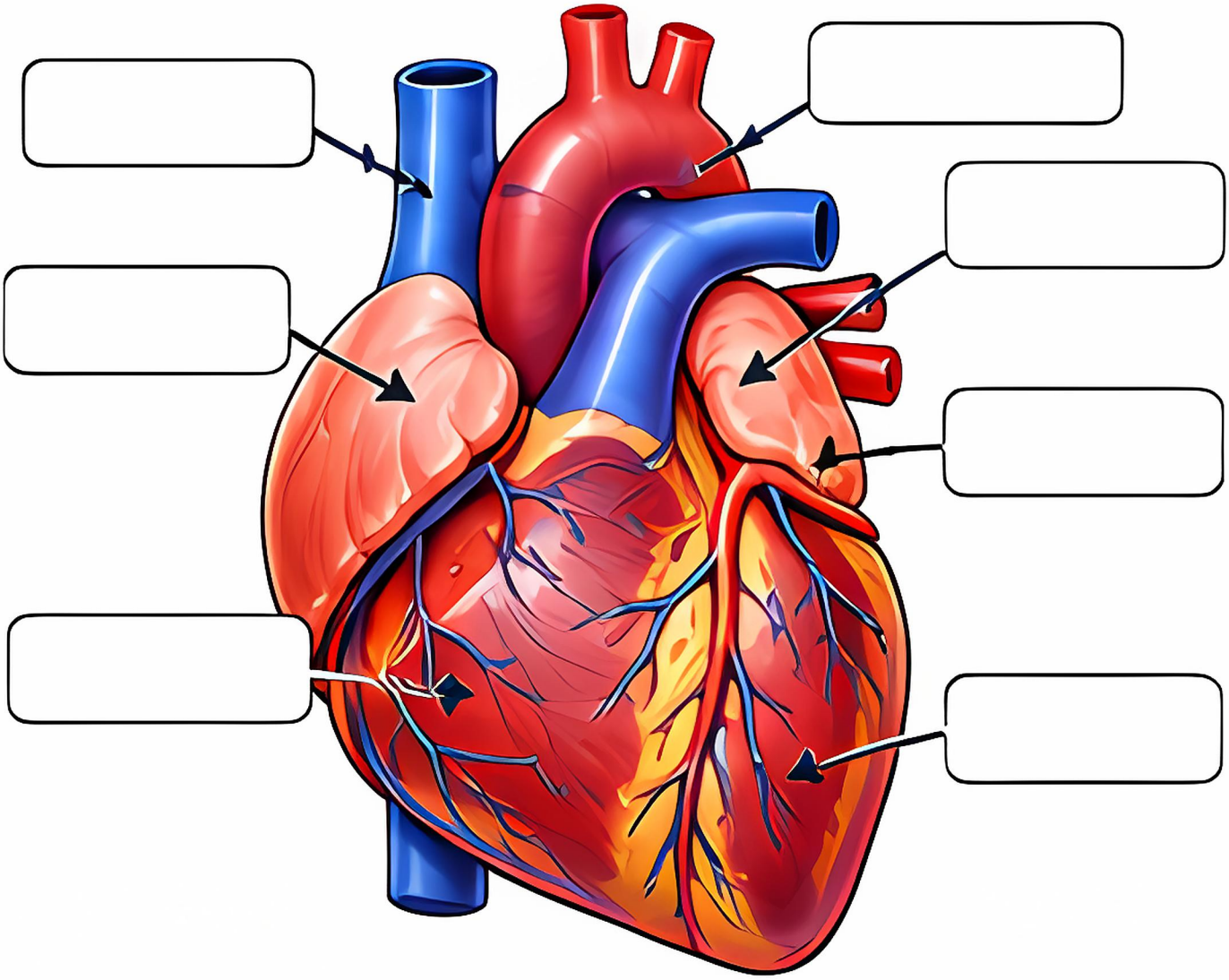
9 Vena cava (superior)



10 Vena cava (inferior)

Label the Heart

Cut out the labels and glue them in the correct place.



Right atrium

Left atrium

Right ventricle

Left ventricle

Aorta

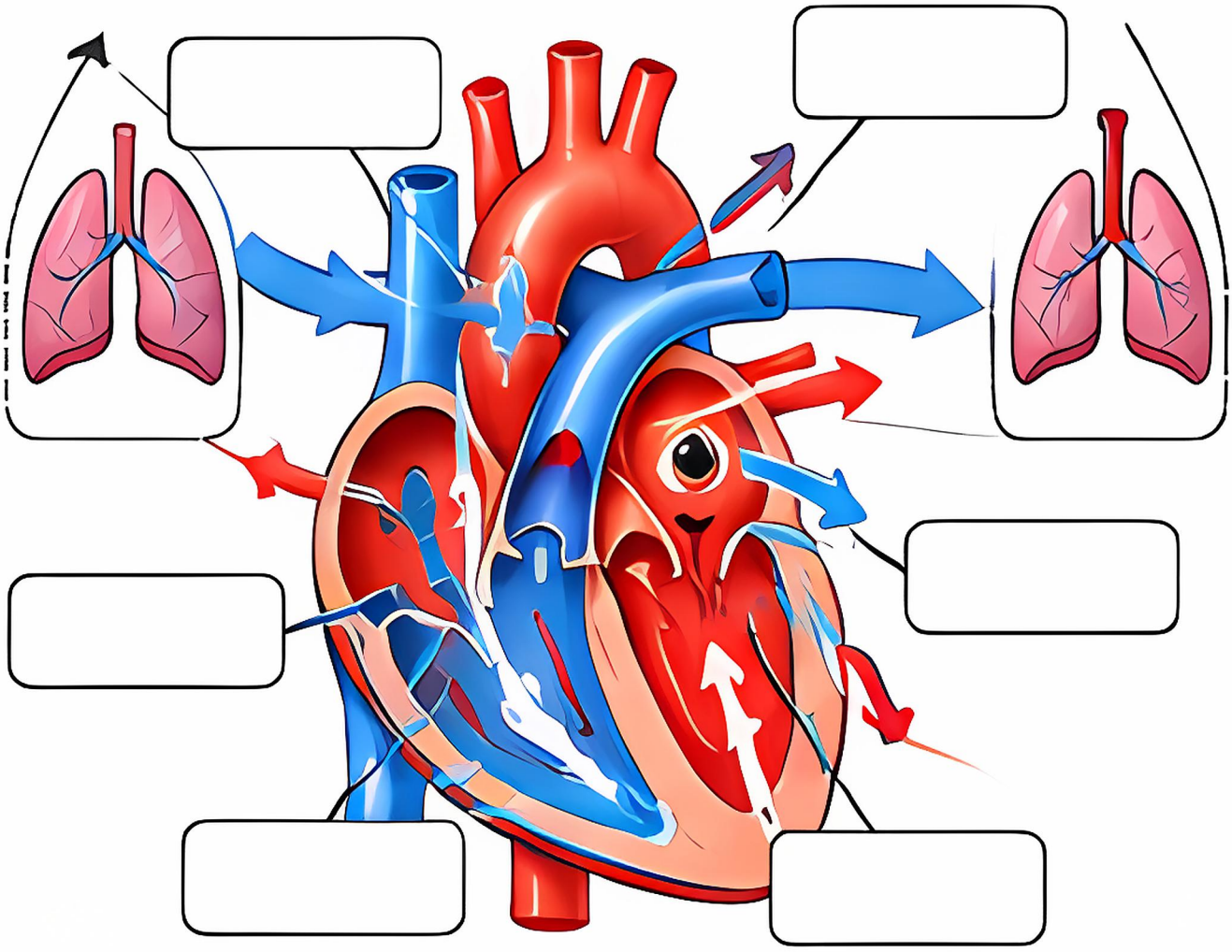
Pulmonary artery

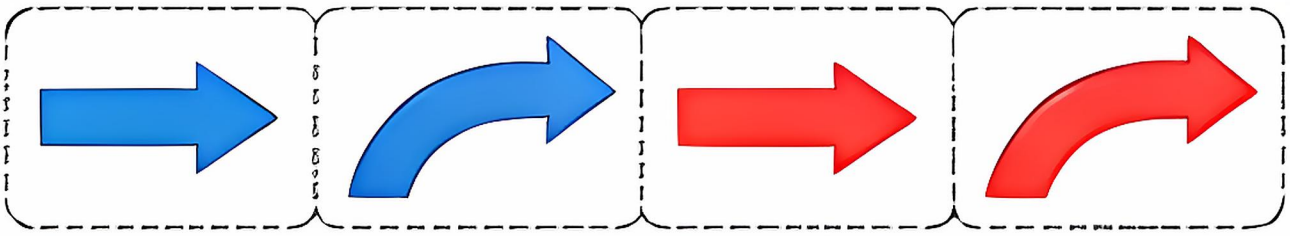
Vena cava (superior)

Vena cava (inferior)

How Blood Flows

Cut out the arrows and stick them in the correct order to show the path of the blood.

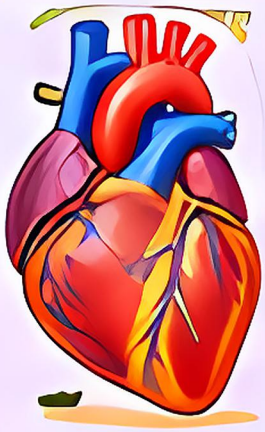




Word Bank

- Lungs
- Lungs
- Lungs ventricle
- Right ventricle
- Left atrium
- Right atrium

Heart Facts



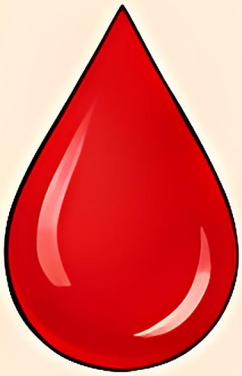
Your heart beats about **100,000 times** every day!



It pumps around 7,500 litres of blood every day!



Your heart is about the size of your fist.



Your heart never stops beating (unless you stop breathing).



A baby's heart can beat 120–160 times per minute.



An adult's heart usually beats **60–100** times per minute.



Did you know?

Your heart starts beating when you are just 4 weeks old in the womb!

Heart Word Search

Find the words in the grid.

H	E	A	R	T	B	L	O	O	D
A	O	R	T	A	L	U	N	G	S
T	V	E	N	T	R	I	C	L	E
R	A	T	R	I	U	M	P	U	M
Y	B	E	A	T	M	U	S	C	L
V	A	L	V	E	B	O	D	Y	P
C	I	R	C	U	A	T	I	O	N
O	X	Y	G	E	N	R	E	D	Q
P	U	L	M	O	N	A	R	Y	Z
V	E	N	A	C	A	V	A	X	Y

- HEART
- BLOOD
- AORTA
- LUNGS
- VENTRICLE
- ATRIUM
- PUMP
- MUSCLE
- VALVE
- CIRCULATION
- OXYGEN
- PULMONARY
- VENA CAVA
- BEAT
- BODY

Heart Colouring Page

