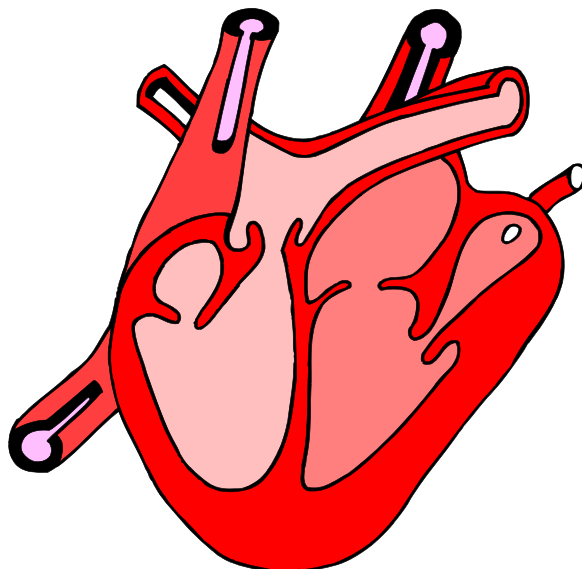


Human Heart Study Lapbook



Designed for
2nd – 8th
Grade

Designed by
Cyndi Kinney
of Knowledge Box Central



Human Heart Lapbook

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This book is dedicated to my amazing family. Thank you to my wonderful husband, Scott, who ate a lot of leftovers, listened to a lot of whining (from me!), and sent lots of positive energy my way. Thank you to my daughter, Shelby, who truly inspired me through her love for learning. Thank you to my parents, Judy and Billy Trout, who taught me to trust in my abilities and to never give up.

How do I get started?

First, you will want to gather your supplies. Depending on which format you purchased from us, you will need different supplies. So, take what applies, and skip over the rest.

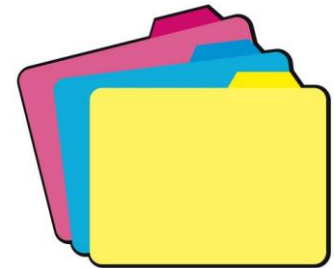
*** Printing:

*Print instructions and study guide on white copy paper.



*Print the booklet templates on 24# colored paper or 110# cardstock.

For some booklets, we have suggested specific colors or cardstock. You may choose to use those suggested colors, or you may choose to print on any color that you like.



*** Assembly:



***Folders:** We use colored file folders, which can be found at Walmart, Sam's, Office Depot, Costco, etc. You will need between 2 and 4 file folders, depending on which product you have purchased. You may use manilla folders if you prefer, but we have found that children respond better with the brightly colored folders. Don't worry about the tabs...they aren't important. If you prefer, you can purchase the assembled lapbook bases from our website.



***Glue:** For the folder assembly, we use hot glue. For booklet assembly, we use glue sticks and sometimes hot glue, depending on the specific booklet. We have found that bottle glue stays wet for too long, so it's not a great choice for lapbooking.



***Other Supplies:** Of course, you will need scissors. Many booklets require additional supplies. Some of these include metal brad fasteners, paper clips, ribbon, yarn, staples, hole puncher, etc. You may want to add decorations of your own, including stickers, buttons, coloring pages, cut-out clipart, etc. The most important thing is to use your imagination! Make it your own!!



Ok. I've gathered the supplies. Now how do I use this product?

Inside, you will find several sections. They are as follows:

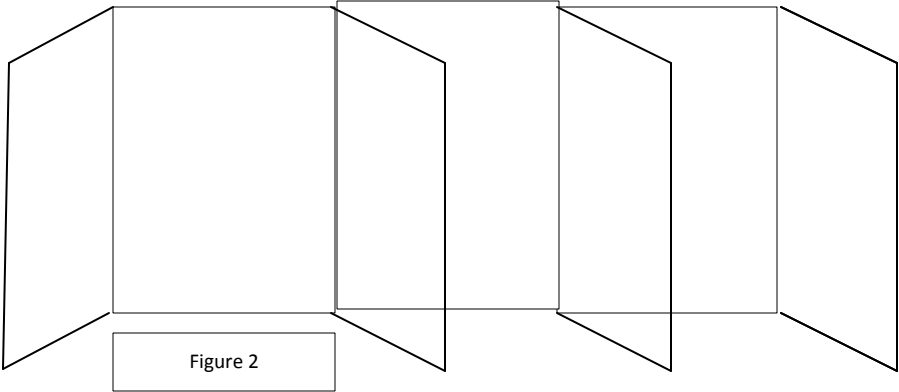
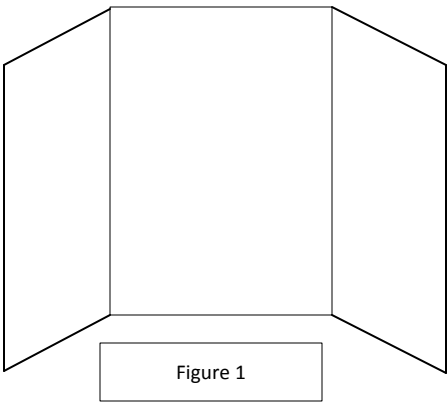
1. **Lapbook Assembly Guide:** This section gives instructions and diagrams will tell the student exactly how to assemble the lapbook base and where to glue each booklet into the base. Depending on the student's age, he or she may need assistance with this process, especially if you choose to allow the student to use hot glue.

2. **Student Instruction Guide:** This section is written directly to the student, in language that he or she can understand. However, depending on the age of the child, there may be some parent/teacher assistance needed. This section will also tell the student exactly what should be written inside each booklet as he or she comes to it during the study, as well as telling the student which folder each booklet will be glued into.

4. **Booklet Templates:** This section includes ALL of the templates for the booklets. These have been printed on colors that will help to improve retention of the information presented, according to scientific research on color psychology.

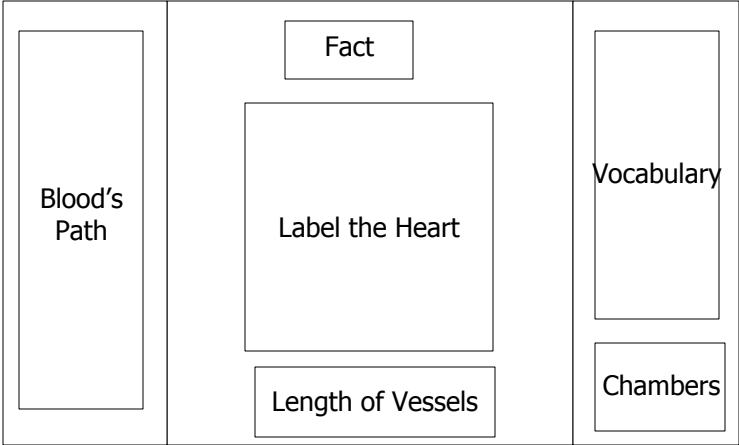
5. **Teaching/Study Guide:** This section is a great resource for the parent/teacher. In this section, you will find information that you can use to teach this topic.

You will need 3 folders of any color. Take each one and fold both sides toward the original middle fold and make firm creases on these folds (Figure 1). Then glue (and staple if needed) the backs of the small flaps together (Figure 2).

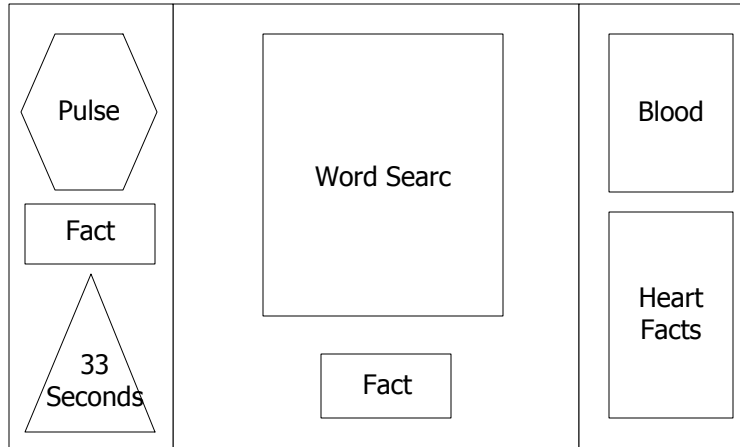


This is the "Layout" for your lapbook. The shapes are not exact on the layout, but you will get the idea of where each booklet should go inside your lapbook.

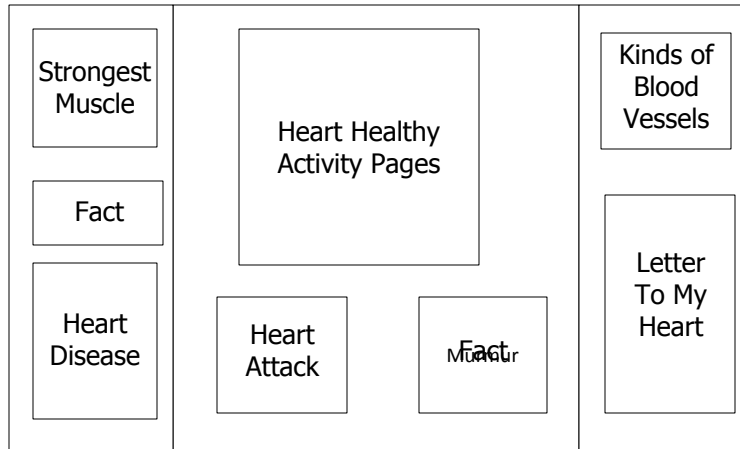
Inside of 1st Folder:



Inside 2nd Folder:

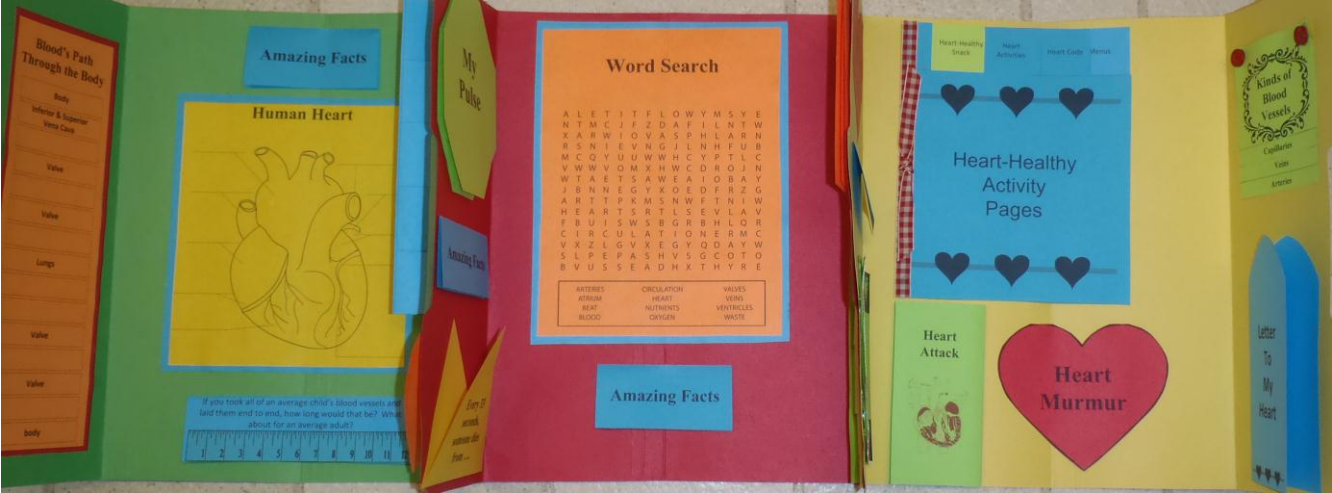


Inside 3rd Folder:

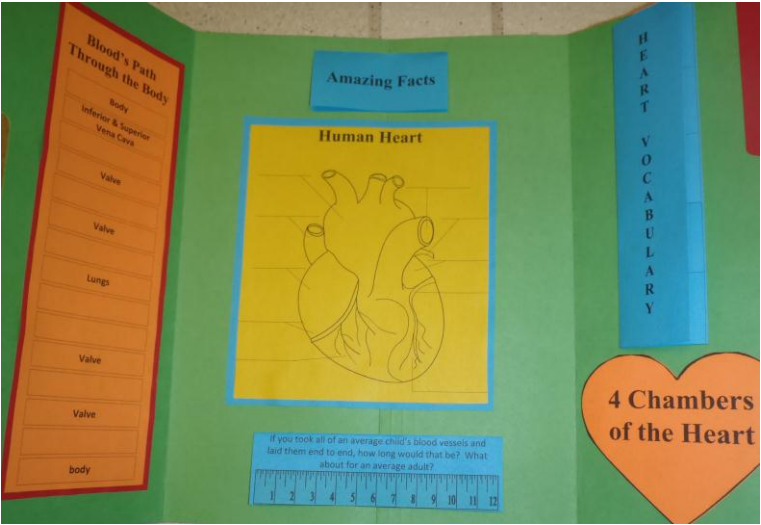


Below you will find pictures of a completed lapbook. This should help in figuring out how to assemble the booklets and then how to put it all together!

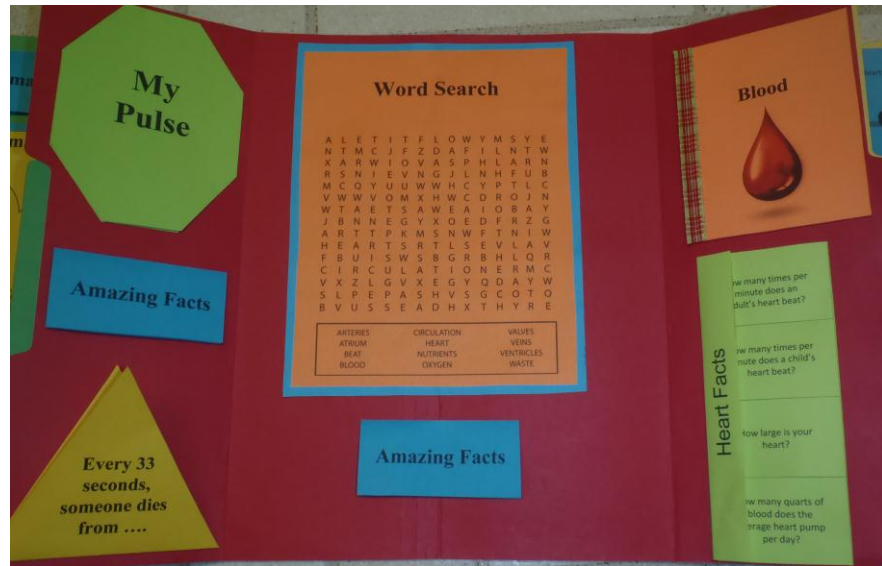
Also, there is a page of close-up pictures of some of the booklets that may be a little more confusing to assemble. These pictures should help.



Folder #1



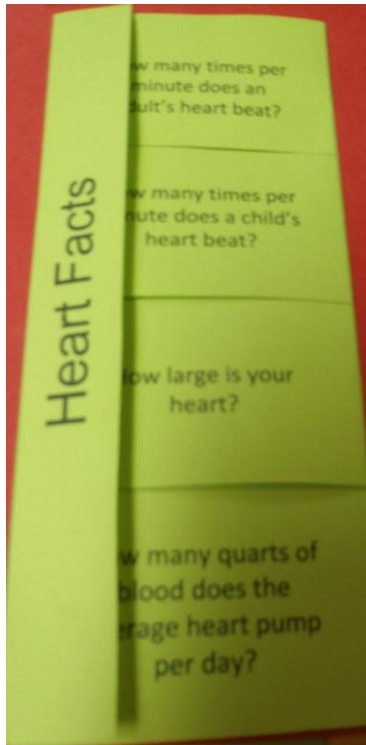
Folder #2



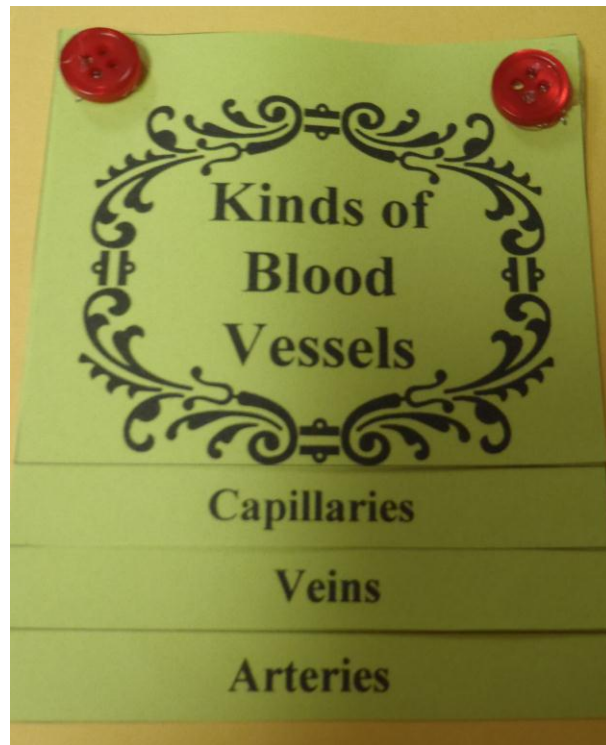
Folder #3



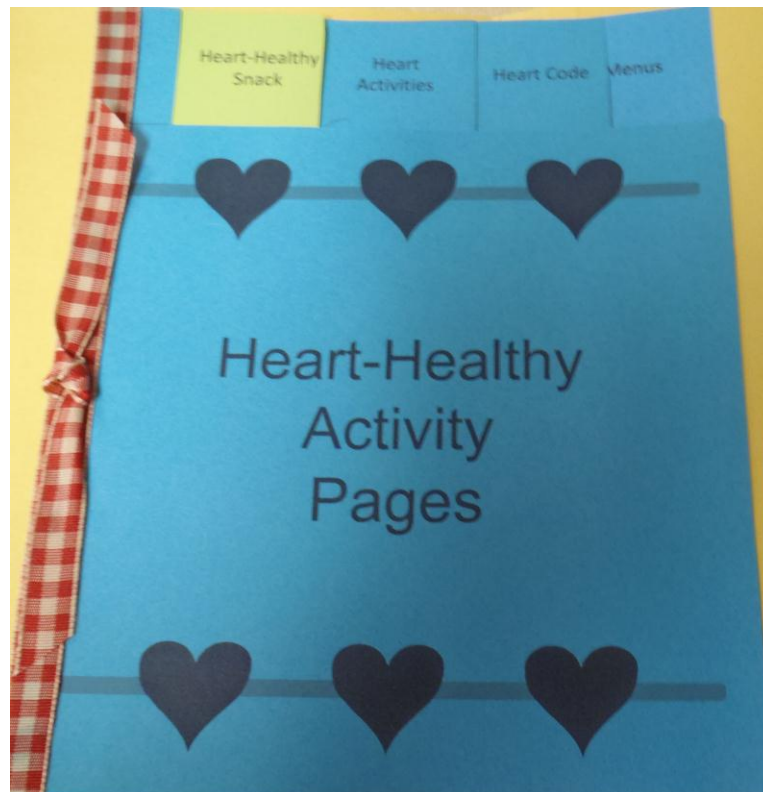
Booklet #5



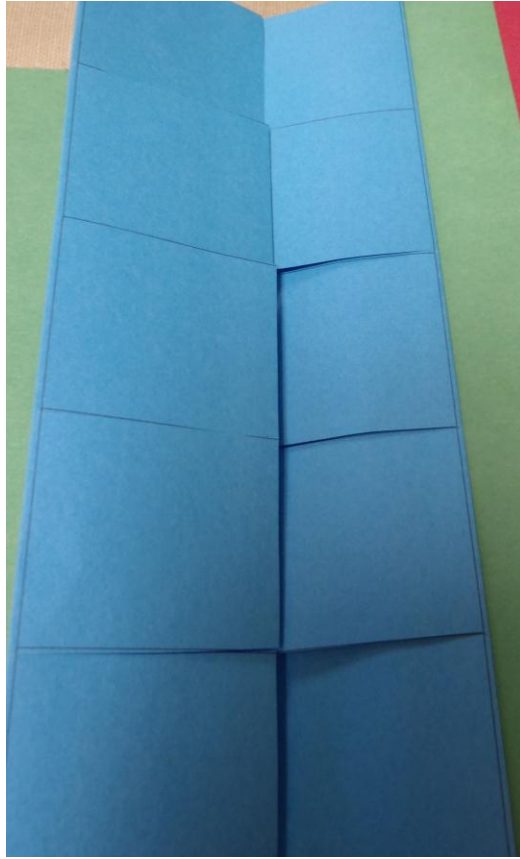
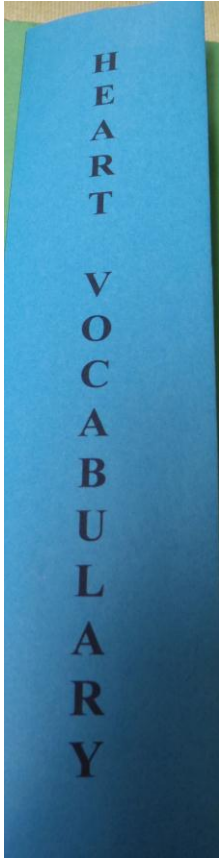
Booklet #6



Booklet #10



Booklet #16



Human Heart

Lapbook

Student instruction Guide

Cover:

The cover of your lapbook has purposely been left blank so that you may decorate it in any style you choose. Here are a few suggestions:

1. Go to www.enchantedlearning.com or <http://www.dltk-kids.com/world/index.htm>, and print out pictures of hearts, color them, and glue them to the cover.
2. Draw a picture of something you've learned about during your study.
3. Use your search engine to find coloring pages or clip art that tell about your study.
4. Use stickers to decorate.
5. In your best handwriting, write some of the words you studied all over the outside of your lapbook.
6. Print an extra copy of the "Human Heart Anatomy" booklet, and glue it to the front.

Booklet #1

***Booklet Title:** Human Heart Anatomy Booklet (Label)

***Student Instructions:** Look at the labeled human heart in the study guide section. Then, try your hand at labeling the parts on this booklet.

***Completed booklet will be glued into Folder #1** (See Layout)

****Assembly Instructions:** Cut out the booklet along the outer black line edges. Glue to another piece of paper of a different color, and cut around the edges to create a small border.

Booklet #2

***Booklet Title:** Blood's Path Booklet

***Student Instructions:** Use this booklet to trace the blood's path through the human body. Fill in the blank boxes.

***Completed booklet will be glued into Folder #1** (See Layout)

****Assembly Instructions:** Cut out the booklet along the outer black line edges. Glue to another piece of paper of a different color, and cut around the edges to create a small border.

Booklet #3

***Booklet Title:** Strongest Muscle Booklet

***Student Instructions:** Do you know what the strongest muscle in the body is? Write it inside this booklet.

***Completed booklet will be glued into Folder #3** (See Layout)

****Assembly Instructions:** Cut out the booklet along the outer black line edges. Glue to another piece of paper of a different color, and cut around the edges to create a small border.

Booklet #4

***Booklet Title:** 4 Chambers Booklet

***Student Instructions:** Write the names of the 4 chambers of the heart here.

***Completed booklet will be glued into Folder #1** (See Layout)

****Assembly Instructions:** Cut out the booklet along the outer black line edges. Fold along the center line so that the title is on the front.

half of high school students do not take physical education classes. Of the students that do take physical education classes, only about one-third say they are actually active for 20 minutes. In addition, the amount of high school students who choose to participate in leisure physical activity has decreased substantially. The American Heart Association recommends that children and adolescents participate in at least one hour of moderate to vigorous physical activity every day.

Don't Smoke: While most adults know that smoking is bad for them, teens don't seem to get the message or they just don't care. Studies show that cigarette smoking among high schoolers is on the rise. What they don't know is that cigarette smoking can cause fat to buildup in the arteries. In addition, smoking increases blood pressure, makes it harder for you to exercise, and increases the tendency that blood will clot. Because of this increase in smoking among youth, the American Heart Association urges schools to be tobacco-free.

Checking Your Pulse:

1. Hold your hand in front of you.
2. Stick your thumb up in the air and turn the palm towards you.
3. With the first two fingers of your other hand, stroke from the top of your thumb down the side until your fingers reach your wrist.
4. Let your fingers slide downwards onto the inside of your wrist, and gently feel for your pulse.
5. When you have found a steady beat, count how many beats in 15 seconds (use a watch or clock with a second hand).
6. Times your score by 4, and that will tell you your pulse rate per minute.

