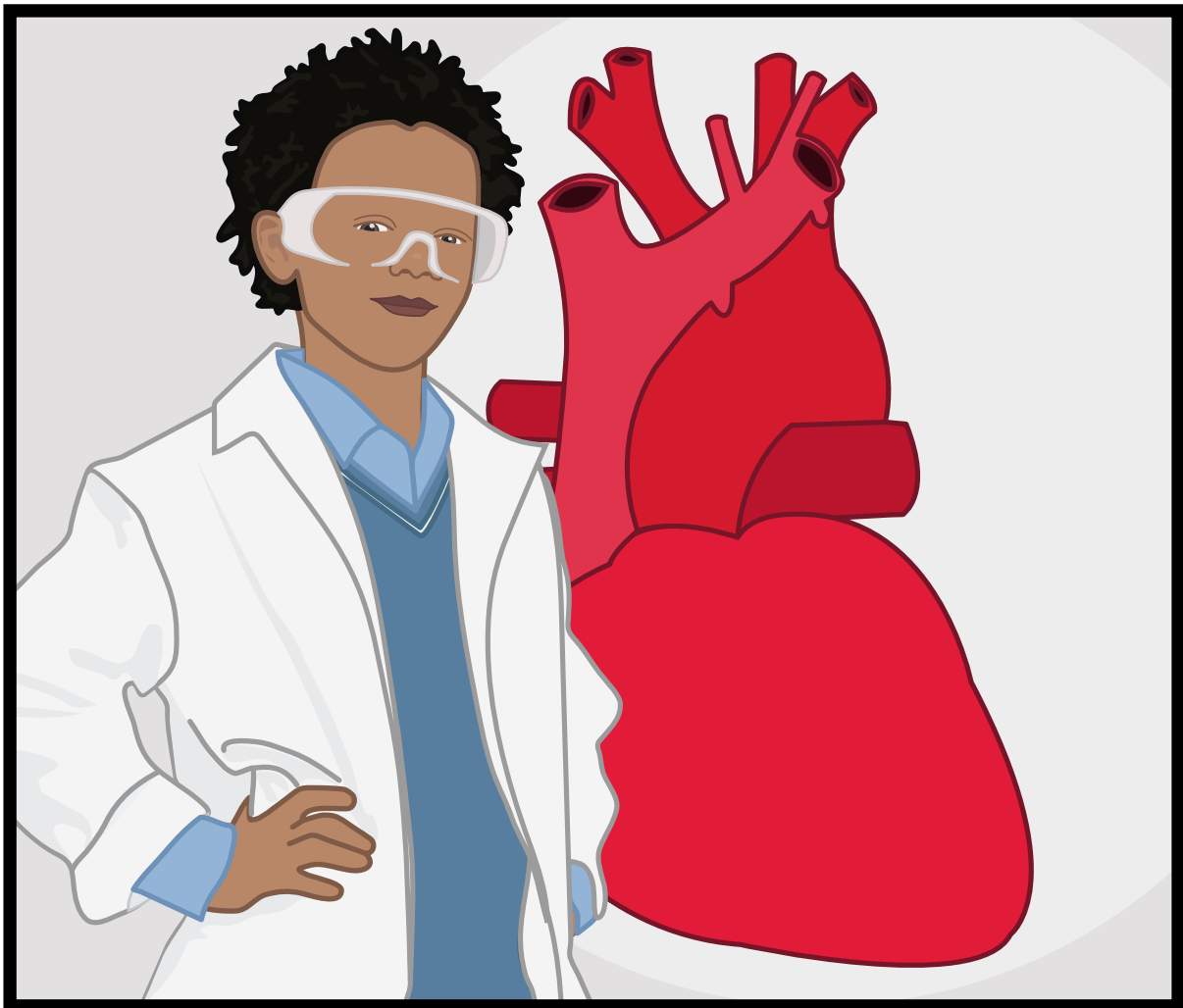


Simon's Circulatory System

Level H/I



Written and Illustrated by Travis Schaeffer

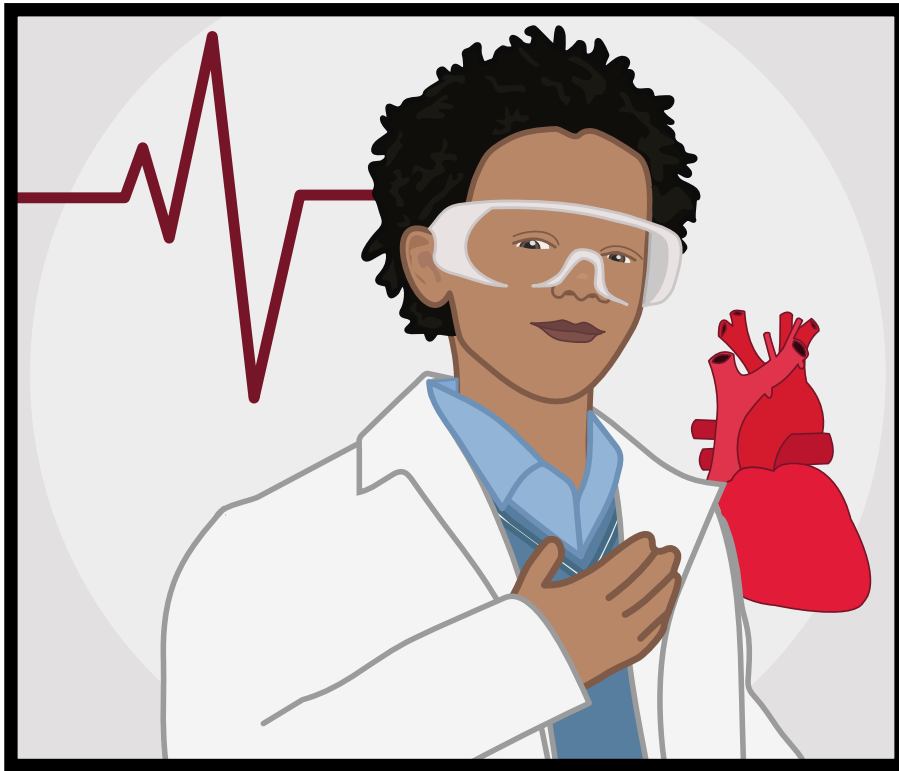


Simon wants to learn about his circulatory system. He wants to learn more about how his heart helps circulate blood throughout his body.

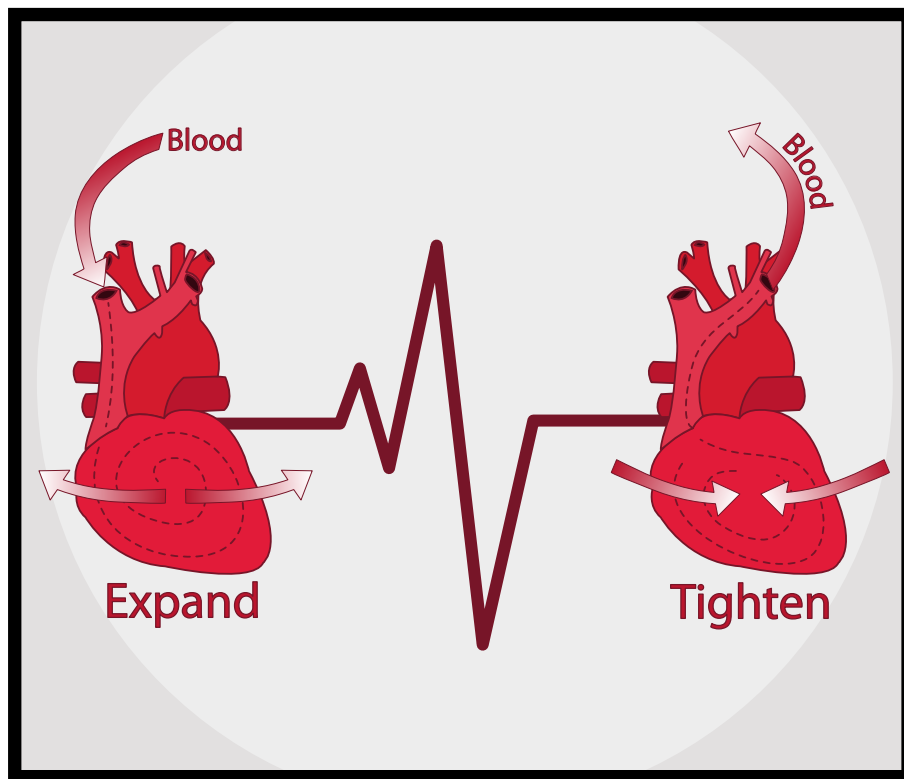
Simon visits his doctor and talks about the circulatory system.



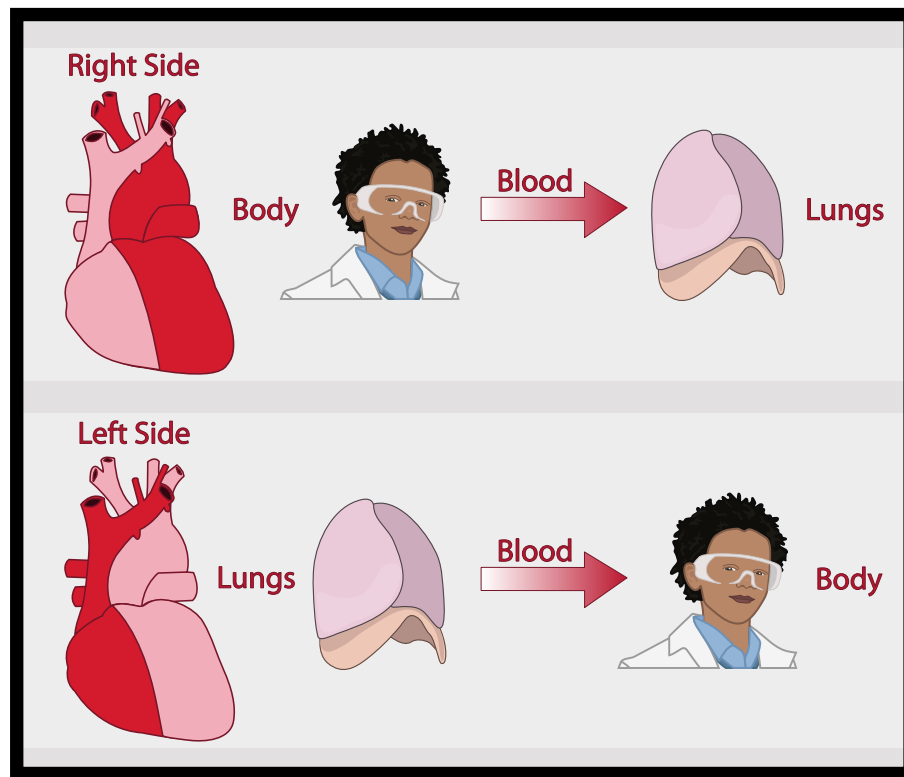
The center of the circulatory system is the heart. Make a fist with your right hand and place it over your chest. That is the size of your heart!



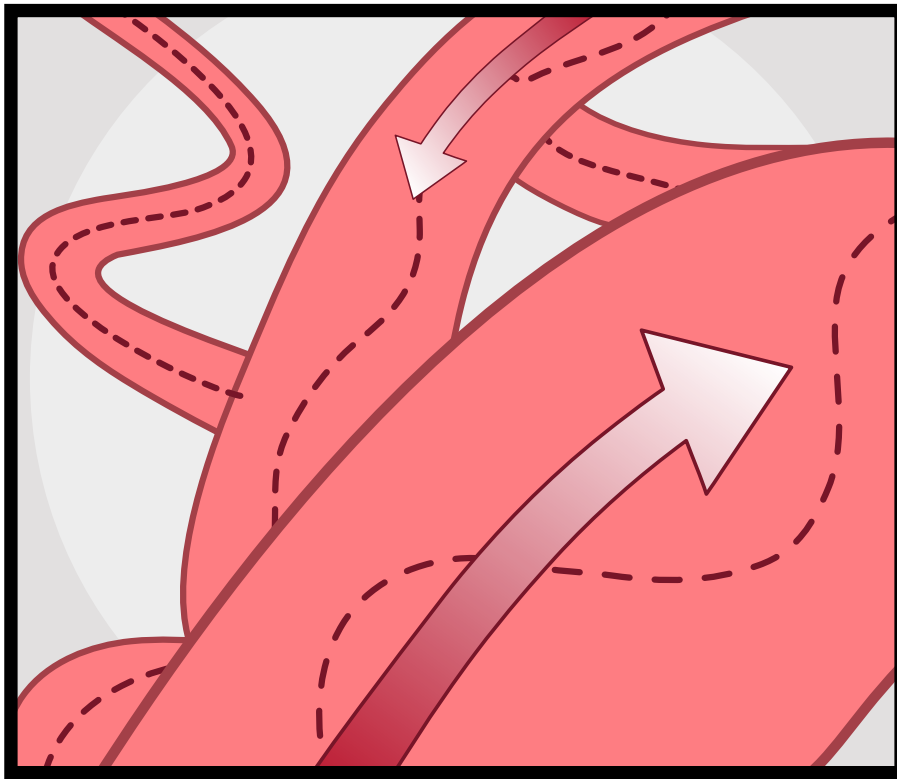
Place your hand over your chest. This is where your heart is located. Can you feel your heartbeat? Your heart is working very hard.



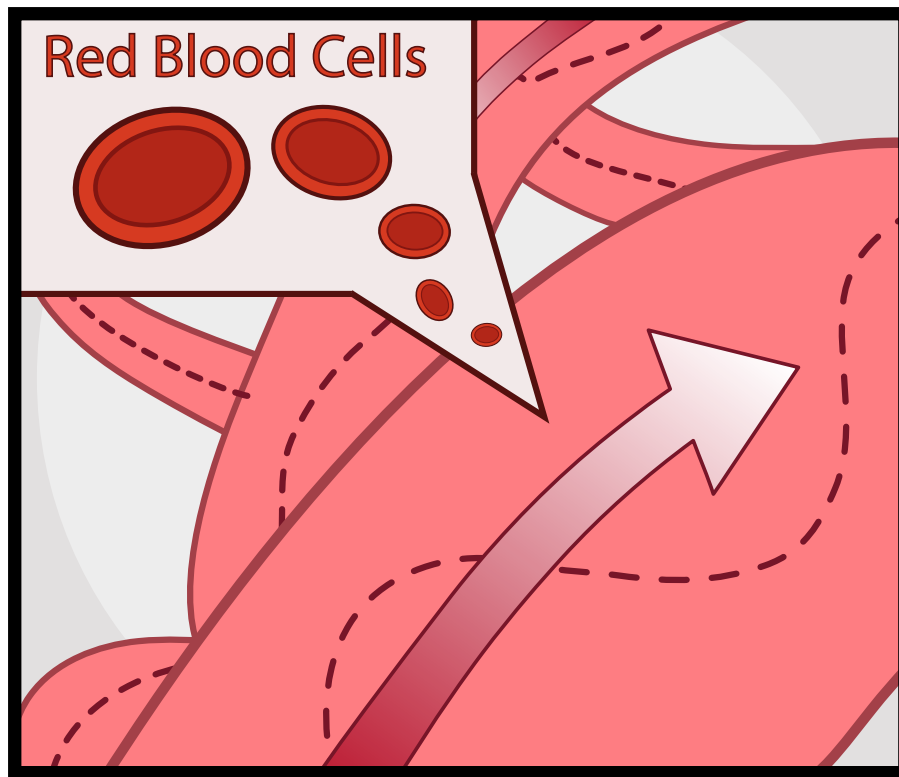
Before each beat, your heart fills up with blood and expands. When your heart beats, it squeezes and tightens to pump out the blood. Make a fist with your hand again. Now quickly squeeze your fist tight and then quickly untighten your fist. That is your heart at work.



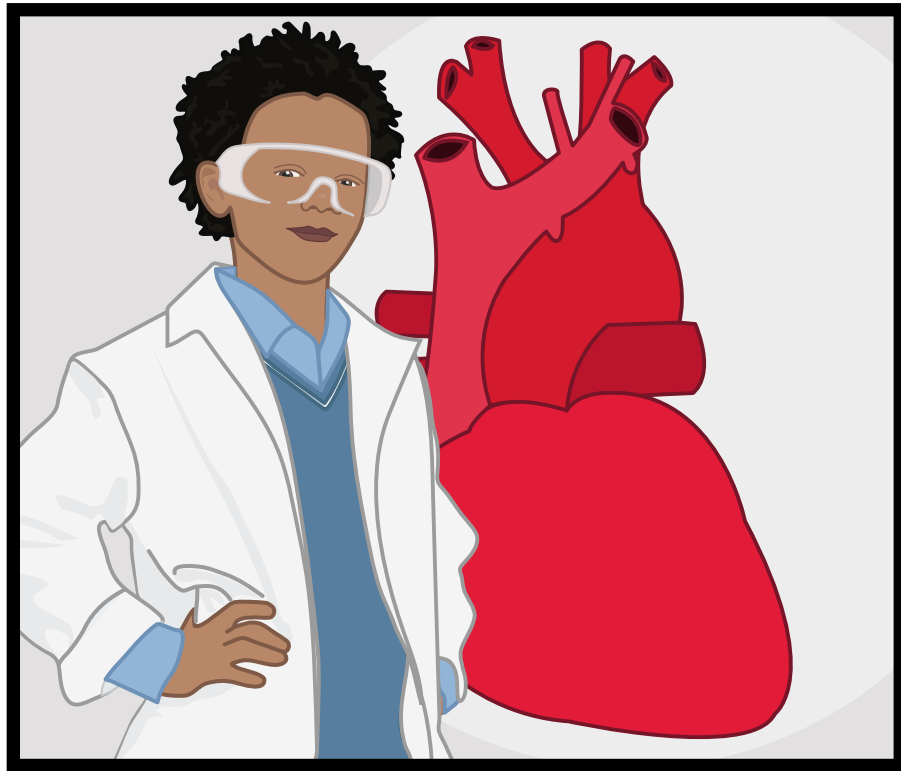
Your heart is a muscle and works much like a pump. The right side of your heart pumps blood from your body into your lungs. The left side of your heart pumps blood from your lungs into your body.



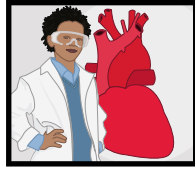
Blood moves through millions of small tubes in your body. These are called blood vessels. Blood vessels are attached to the heart. Blood pumps away from the heart through arteries. Blood pumps into the heart through veins.



The circulation of blood is very important for your body. Blood supplies the body with oxygen and nutrients. We need oxygen and nutrients to live. Red blood cells carry oxygen to all the different parts of our body.



Simon learned a lot about his circulatory system. He learned how the heart works and why it is important. Simon will take care of his heart by exercising and eating healthy foods.



Simon's Circulatory System



<p>learn</p>	<p>move / circulate</p>	<p>out</p>	<p>Simon</p>	<p>circulatory system</p>	<p>heart</p>	<p>blood</p>
<p>heart beat</p>	<p>squeeze</p>	<p>right side</p>	<p>fist</p>	<p>hand</p>	<p>chest</p>	<p>size</p>
<p>pump</p>	<p>attach</p>	<p>in</p>	<p>muscle</p>	<p>body</p>	<p>lungs</p>	<p>tube</p>
<p>supply</p>	<p>carry</p>	<p>left side</p>	<p>blood vessel</p>	<p>arteries</p>	<p>veins</p>	<p>oxygen</p>
<p>exercise</p>	<p>eat</p>	<p>healthy</p>	<p>nutrient</p>	<p>red blood cell</p>	<p>food</p>	