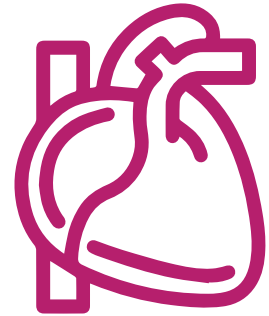


KEEP YOUR HEART PUMPING



AGE RANGE

10–13

OVERVIEW

Cardiovascular disease is one of the four main types of noncommunicable diseases and accounts for nearly 18 million deaths per year.¹ In this session students will learn how a healthy heart pumps blood through their bodies' arteries by building a common model of a pumping heart. Then, they will learn about heart disease, how it affects the heart's ability to pump, and how this noncommunicable disease develops and can be prevented.

TIMING

45–60 minutes

OBJECTIVES

Students will

- Learn how a healthy heart pumps blood through the body
- Build a model that demonstrates the path of blood flow through the heart
- Draw conclusions about the impacts of noncommunicable diseases (NCDs) on the heart's ability to properly function
- Learn behaviors that reduce ones risk of developing certain NCDs

MATERIALS NEEDED

- Pencils, one per student
- Crayons or markers, one set per group (specifically blue and red)
- Dry erase marker or chalk, one for the volunteer(s)
- **Understanding Your Heart Anticipation Guide** handout, one per student

For more information about the Future Well Kids program, please email
ABBOTT.VOLUNTEER@ABBOTT.COM.