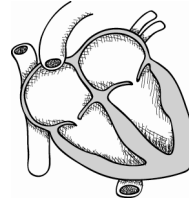


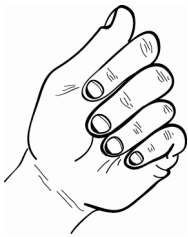
How Big Is Your Heart?

NAME _____

Your heart is a machine. It pumps blood to all parts of your body.



The bigger you are, the bigger your heart is. Your heart is about the size of your fist. Your heart and fist will grow at about the same rate.

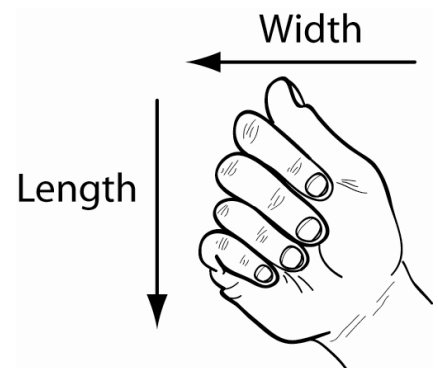


1. Make a fist. Use string and a ruler to find —

its length: _____

its width: _____

the distance around your fist: _____



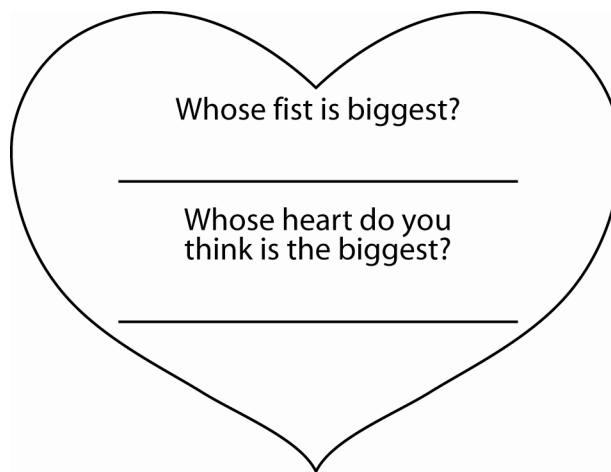
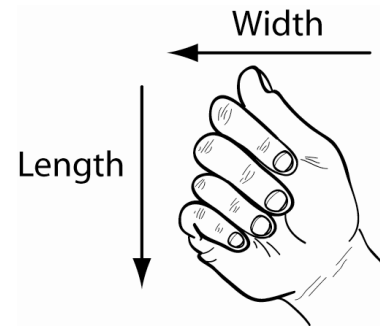
2. On the basis of the measurements you made, about how long do you think your heart is?

3. Find the distance around the fist of —

your teacher _____

an older friend _____

a parent _____



4. How long do you think your heart will be when you are sixteen years old? _____

How wide? _____

5. Using your fist as a model, make a paper model of your heart. Write the length, width, and distance around the model of your heart.