How does blood flow through the heart?

**Directions:** Check out the diagram below that shows how blood circulates around the heart. Color in the veins and arteries the correct color to give yourself a better idea of what happens when your heart pumps blood.

![Diagram of the heart and blood flow]

- **R=red**
  - (blood carrying oxygen from the lungs)

- **B=blue**
  - (blood without oxygen)

**Extra Activity:** Put your pointer finger and middle finger on the vein on the right side of your neck, right under your jaw bone. Find your pulse. Set a stop watch for 1 minute, and count how many times your heart beats. Write that number down.

Now, run in place for one minute. When you are done, find your pulse, set the stop watch for 1 minute, and count how many times your heart beats now. Write that number down.

Was there a difference between the two times? ________

Why? ________

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