Downloaded by PANG at St Paul's Community Primary and Nursery School on 01/06/20. © Copyright 2020 Cornerstones Education Limited

What will you choose to do?

- Create an exercise plan for maintaining a healthy heart.
- Be kind to your heart! Research information and plan ideas for a weekly menu of food that your heart would love. Spinach, porridge, blueberries, salmon and soy protein are all heart-healthy.
- Design and make decorative heart-shaped tokens to give to someone close to your heart.
- Find out about the historical tradition of Valentine's Day. Why are hearts traditionally used as symbols of love?
- Songwriters are often inspired by the heart. Search for songs about heartbreak or cheer yourself up by making a playlist of songs to make your heart sing!
- Look out for heart shapes around you – in decorative ironwork, embellishments in clothing and jewellery, and even in nature itself. Photograph your findings and make a colourful montage.
- Think about what is meant by 'heart-stopping'. Write about a 'heart-stopping' moment in your life. Describe to another person the bodily sensations experienced, and then capture the moment in words as accurately as you can.
- Find out about some famous heart surgeons. What do you need to study to become a heart surgeon? How long would it take if you started right now? What skills and personality would make you successful in this role?
- Find out about the size and structure of a human heart and compare it to the size, structure and number of hearts in other animals – worms have five!
- Collect red colour charts from a DIY store and compare the shades and names. Mix paint to create a favourite shade of red.
- Find examples of proverbs or idioms relating to the heart, such as 'wear your heart on your sleeve' or 'eat your heart out'. See how many you can find and explain what they mean.
- What does the phrase 'blood is thicker than water' mean? Write a short story using this as a title.
- Find out about the different pulse points on the human body, including the side of the neck (carotid), wrist (radial), top of the thigh (femoral) and elbow crease (brachial). Test the different pulse points – which one has the strongest pulse?
- Measure your family's resting heart rates before putting them through their paces. Ask them to hop, skip, jump and run, measuring their heart rates after each activity. Fill in a table or spreadsheet with everyone's results before looking for patterns in the data. Who has the slowest heart rate? Which exercise caused the biggest increase in heart rate?

Copyright © 2017 Cornerstones Education Limited