

What Does My Heart Do?



heart

Your heart is a very special muscle which keeps blood moving around your body. If you put your hand on your chest near your heart, you'll feel it beating. Each time it beats, it pumps blood out around your body.

To hear a heart beating, find somewhere quiet and rest your ear against a friend's chest. You should hear two sounds close together – 'lub-dub', 'lub-dub', 'lub-dub'.

How big is my heart?

Our hearts grow with us – they get bigger as we do.

Whatever size you are now, your heart will be a bit bigger than your fist.



Write

I Wonder Why My Tummy Rumbles, Brigid Avison