PREPARING FOR YOUR VIRTUAL HEART PROGRAM

1. Print out a Virtual Heart Journal for each student. This journal will be used during the program and includes a post-program activity.

2. Talk to your students about body systems.
   a. What is a system?
      i. A system is made up of many parts all working to accomplish one goal.
      ii. Fun example: Think about a video game system. What are the parts? What are they all working together to do?
   b. What is a body system?
      i. A group of organs working together to do one or more important jobs in the body
   c. Can you think of any examples of body systems that you’ve heard about or learned about already?
      i. What do you think the jobs of those body systems are?

AFTER YOUR VIRTUAL HEART PROGRAM

1. Complete the last page of your Virtual Heart Journal.
2. Do more pulse experiments.
   a. Ask a Question
      i. Other than running, what else might make change your heart rate? Can you make your heart rate go down instead of up? (You can take it to the next level and practice writing hypotheses too.)
   b. Make a Prediction
      i. Will that activity make your heart rate go up or down?
   c. Test it!
   d. Record your pulse and analyze the results.
   e. Discuss your results with your classmates.

For more virtual programs from the Denver Museum of Nature & Science, check out www.dmns.org/dl.

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