

KARDIOLOGY FOR KIDZ

Bilingual Cardiovascular Activity Booklet | Folleto de Actividades

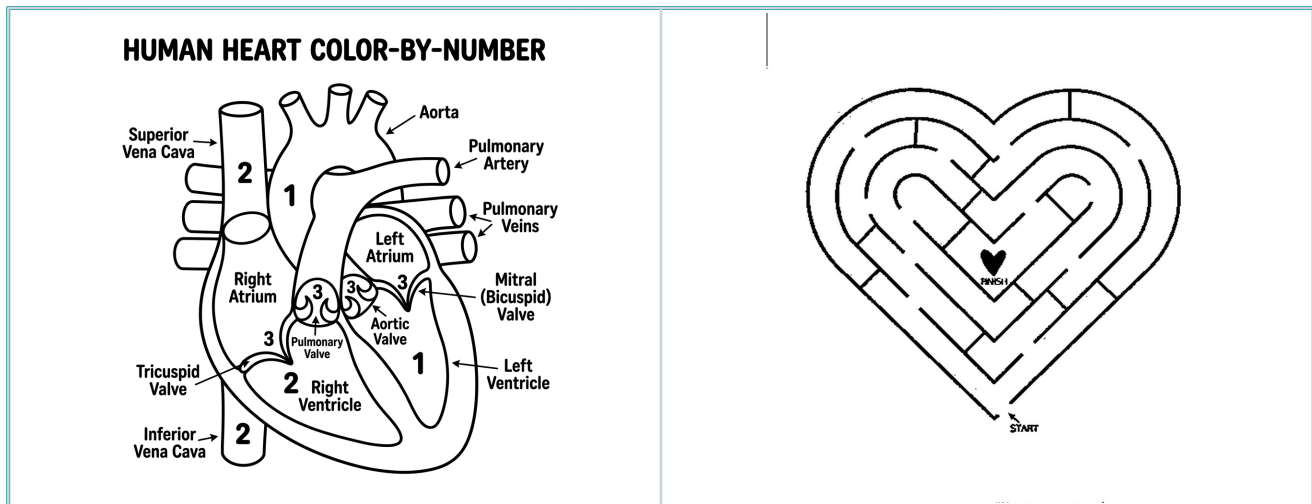
Authored by Saisha Srivastva (Founder & Director, Katy, TX)

1. Bilingual Anatomy Vocabulary Matching (Vocabulario del Corazón)

English Term [EN]	Spanish Translation [ES]	Function / Función
Right Atrium	Aurícula Derecha	Receives oxygen-poor blood from body
Right Ventricle	Ventrículo Derecho	Pumps blood out to lungs for fresh oxygen
Left Atrium	Aurícula Izquierda	Receives oxygen-rich blood from lungs
Left Ventricle	Ventrículo Izquierdo	Strongest chamber! Pumps blood to entire body
Aorta	La Aorta	Main artery highway delivering oxygenated blood

2. Interactive Heart Color-by-Number & Maze Activity (¡Colorea y Resuelve!)

Color Key: 1 = RED (Oxygenated Blood) | 2 = BLUE (Deoxygenated Blood) | 3 = GOLD (Valves)



3. Kidz Heart Word Search Puzzle (Sopa de Letras del Corazón)

Find these 8 heart words in the grid: HEART, AORTA, BLOOD, PULSE, OXYGEN, ARTERY, VEIN, PUMP

H	E	A	R	T	X	P	Z	A	K
K	A	Q	M	W	J	U	R	R	L
B	L	O	O	D	K	L	F	T	S
X	G	Z	R	F	W	S	D	E	M
O	X	Y	G	E	N	E	B	R	U
N	D	F	L	C	A	M	Q	Y	O
T	P	V	E	I	N	R	X	K	L
W	P	U	M	P	J	H	B	Z	N

4. My 7-Day Heart Champion Health Tracker

Check off each healthy habit every day this week to keep your Left Ventricle strong!

Healthy Habit / Hábito	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Play active sports/dance (30+ mins)	[]	[]	[]	[]	[]	[]	[]
Eat a colorful fruit or vegetable	[]	[]	[]	[]	[]	[]	[]
Drink 6-8 glasses of water	[]	[]	[]	[]	[]	[]	[]
Get 8-10 hours of sleep	[]	[]	[]	[]	[]	[]	[]
Practice deep breathing / relax	[]	[]	[]	[]	[]	[]	[]

OFFICIAL JUNIOR HEART CAPTAIN PLEDGE

"I promise to exercise regularly, eat heart-healthy foods, and share what I learned about the heart with my family and friends!"

Student Name: _____

Date: _____