

# The River Inside You

A story about the circulatory system



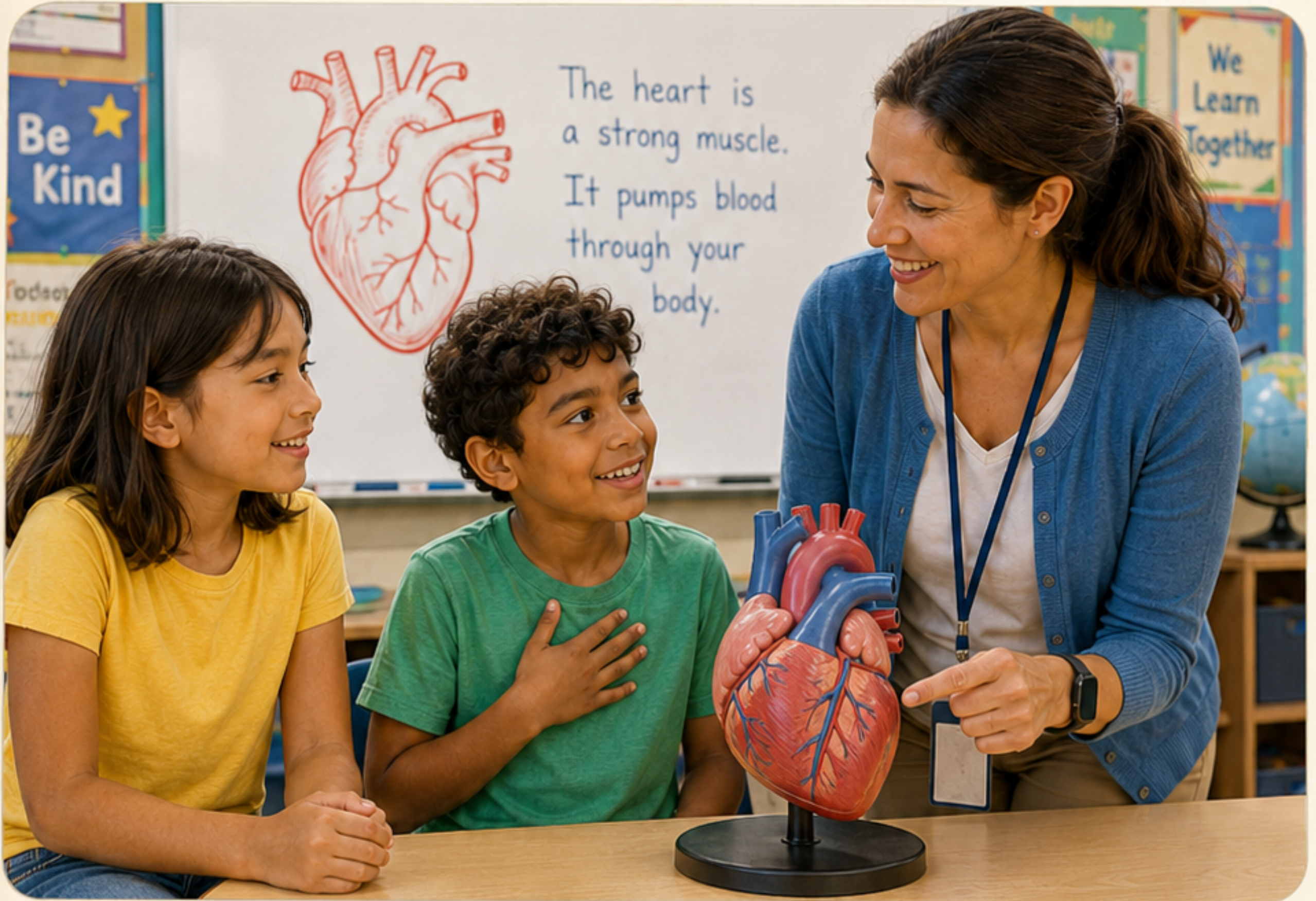
Mila and Arjun had just finished racing across the playground when they stopped and put their hands on their chests. *Thump-thump!* Their hearts were beating fast. ‘Why does it do that?’ Mila asked. Ms. Lopez smiled. ‘Because inside you is a busy river carrying oxygen and food to every part of your body,’ she said. ‘Let’s discover how it works.’



**Topic:** Circulatory System

# The Pump at the Center

A story about the circulatory system



Inside the classroom, Ms. Lopez drew a red heart on the board. ‘Your heart is a strong muscle,’ she explained. ‘It squeezes again and again, pushing blood through your body like a pump pushing water through pipes.’

Arjun tapped his chest. ‘So my heart was working harder because I was running?’

‘Exactly,’ said Ms. Lopez. ‘When you move more, your body needs more oxygen and food, so your heart pumps faster.’



# Roads for Blood

A story about the circulatory system



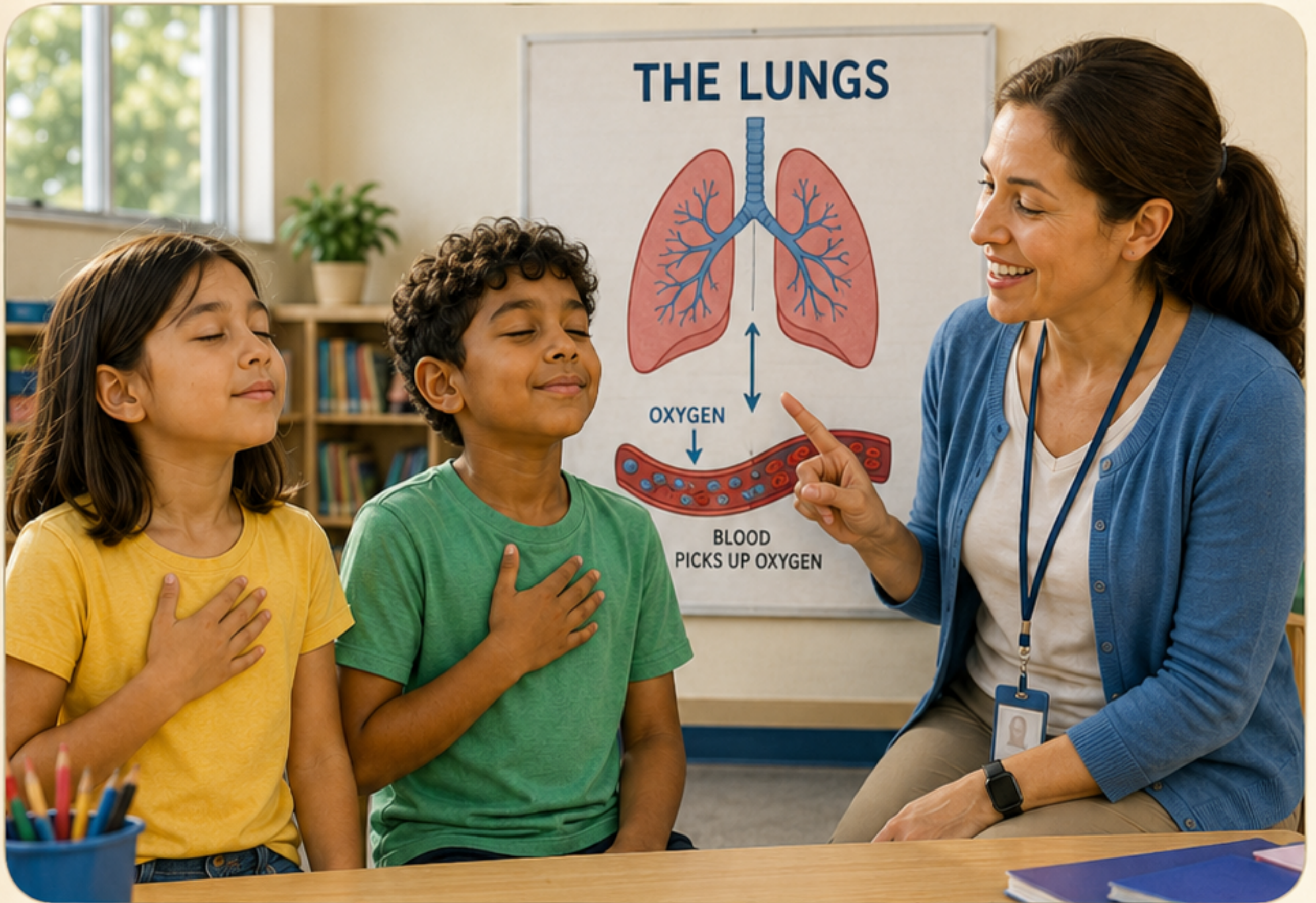
Ms. Lopez held up two colored strings. ‘Arteries carry blood away from the heart,’ she said, holding the red one. ‘Veins carry blood back.’ Mila followed the strings with her eyes. ‘And the tiny roads?’ ‘Those are capillaries,’ said Ms. Lopez. ‘They are so small that blood can deliver oxygen and nutrients right to your body’s cells.’ Mila smiled. ‘So blood has roads of every size!’



Circulatory System Story

# A Stop at the Lungs

A story about the circulatory system



‘Blood does not travel alone,’ Ms. Lopez continued.

‘It visits the lungs to pick up oxygen.’

The class took a deep breath together.

‘Then the blood carries that oxygen all around the body,’ she said.

Arjun grinned. ‘So the lungs help fill the blood’s backpack!’

‘That’s a great way to think about it,’ Ms. Lopez said.

‘The blood also carries away some waste so the body can stay healthy.’



Circulatory System Story

# The River Never Stops

A story about the circulatory system

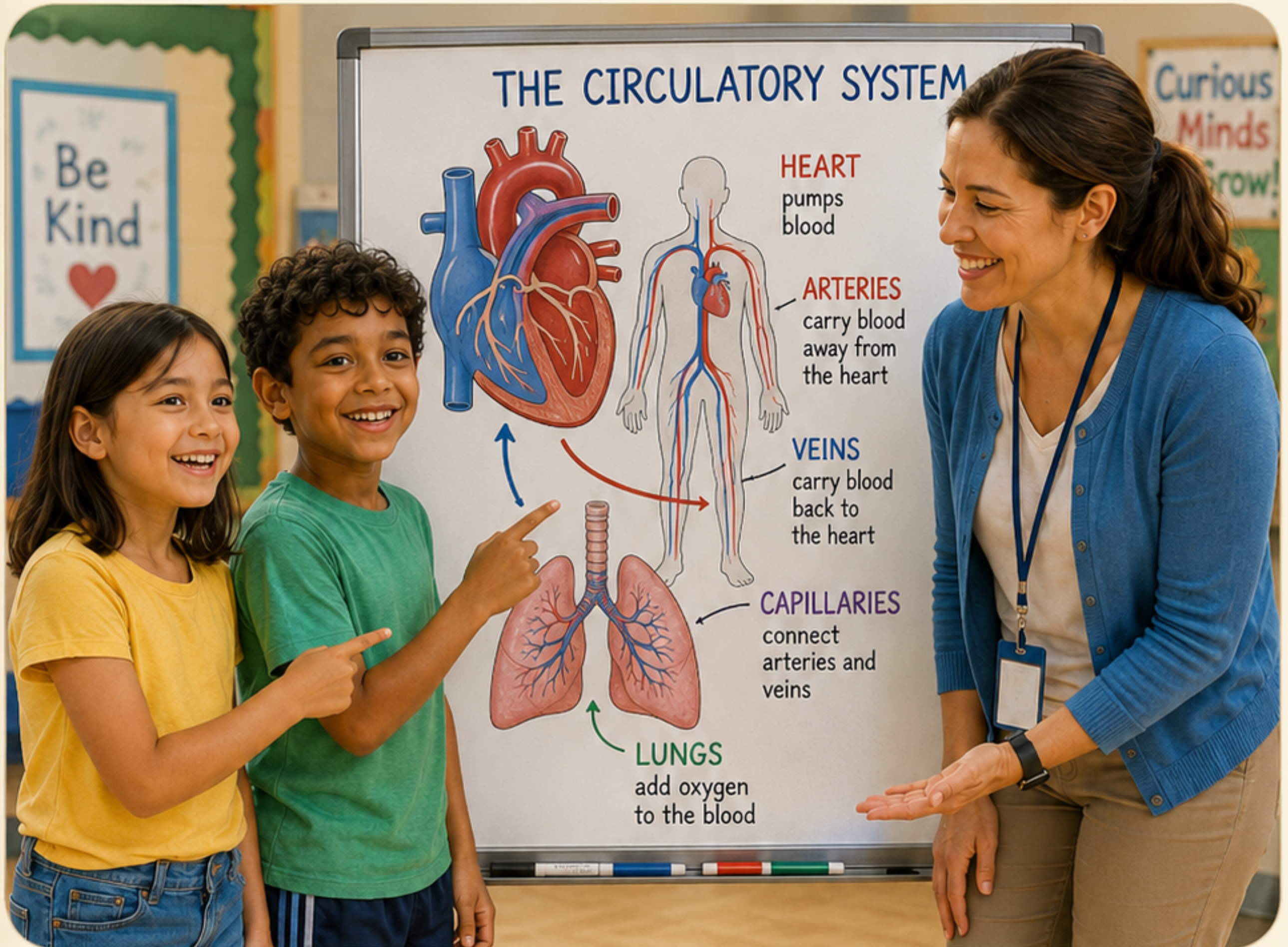


Ms. Lopez showed the children how to feel the pulse in their wrists. *Tap-tap, tap-tap!* ‘That is your heart sending blood on its journey,’ she said.

Mila listened carefully. ‘So even when I am sitting still, the river inside me keeps moving?’

‘Yes,’ said Ms. Lopez. ‘Day and night, your circulatory system keeps every part of you supplied with what it needs.’ Arjun looked amazed. ‘That is a very busy river.’

# Science Element



The circulatory system includes the heart, blood, and blood vessels. The heart pumps blood through arteries, veins, and capillaries. Blood carries oxygen and nutrients to the body's cells and helps carry waste away. The lungs help add oxygen to the blood. Together, these parts keep the body alive, active, and healthy.



Circulatory System