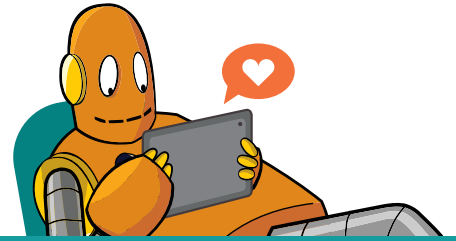


BrainPOP at Home



Stay heart healthy! Discover, play, and learn with your family.

From swimming and skipping rope to hiking and hopscotch, make your time at home a healthy and fit one. According to the Centers for Disease Control and Prevention, children require an hour of physical activity every day, including aerobic and muscle strengthening. So, whether or not your child is an athlete, here are some ideas that will get hearts pumping and work out the brain, too!



BODY SYSTEMS EXPLORATION

Exercise your child's body AND brain while at home. BrainPOP and BrainPOP Jr. are chock full of movies and games featuring each of the systems that make our bodies work. Watch the general [Body Systems](#) movie and play the game [Guts and Bolts](#). Then each week, pick a different system to explore. Share your discoveries with each other.

Circulatory System

BrainPOP
[Circulatory System](#)

Digestive System

BrainPOP
[Digestive System](#)

BrainPOP Jr.
[Digestive System](#), [Eating Right](#)

Muscular System

BrainPOP
[Muscles](#)

BrainPOP Jr.
[Muscles](#)

Nervous System

BrainPOP
[Nervous System](#)

Game
[Meaning of Beep Nervous System](#)

Respiratory System

BrainPOP
[Respiratory System](#)

BrainPOP Jr.
[Lungs](#)

Skeletal System

BrainPOP [Skeleton](#)

BrainPOP Jr. [Bones](#)



MEASURE YOUR HEART RATE

This heart-pumping activity invites your child to investigate heart rate while sneaking in math, too! You'll need a watch with a second hand, a pencil, and you can use this BrainPOP Jr. [printable](#) for your child to record results.

Have your child measure his/her "resting state" heart rate by following these steps:

1. Lay an arm on a table with the palm facing up.
2. Place fingertips of the other hand on the wrist of the resting hand.
3. Gently press until feeling a heartbeat.
4. Using the watch, count the number of beats in 1 minute.
Record that number.

Now have your child do the following activities. After completing each one, have him/her measure and record the number of heart beats in one minute.

Activity 1

Walking for five minutes

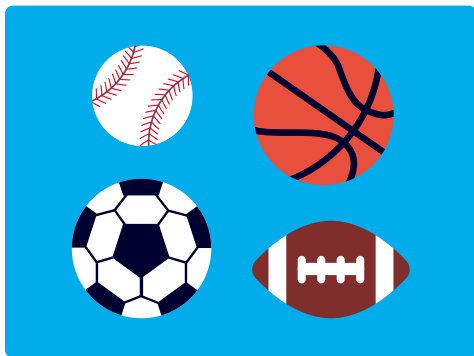
Activity 3

Eating

Activity 2

Running for five minutes

After completing all three, ask your child "When was your heart rate the fastest? Why?" Then ask "When was your heart rate slowest? Why?"



TAKE ME OUT TO THE BALLGAME... OR SOCCER MATCH.... OR SWIM MEET

Some kids play on organized teams, while others just pull together a game with friends in the backyard. Either way, playing a sports has countless benefits, from working with a team to staying healthy. To spark interest, go to a local baseball game, tennis match, swim meet, soccer match, etc. Seeing the sport in action with fans cheering can be very enticing. To start your search for a sport, explore BrainPOP's sports topics:

[Baseball](#), [Basketball](#), [Football](#), and [Soccer](#).

UP AND AT 'EM

Do you worry that your child will while away their time at home texting? Nip this problem in the bud by finding an activity that you can do together, making you accountable, too. Working out at the gym, taking a zumba class, shooting hoops at the park, or going for a swim are all ways to stay healthy and fit while spending some quality time together.