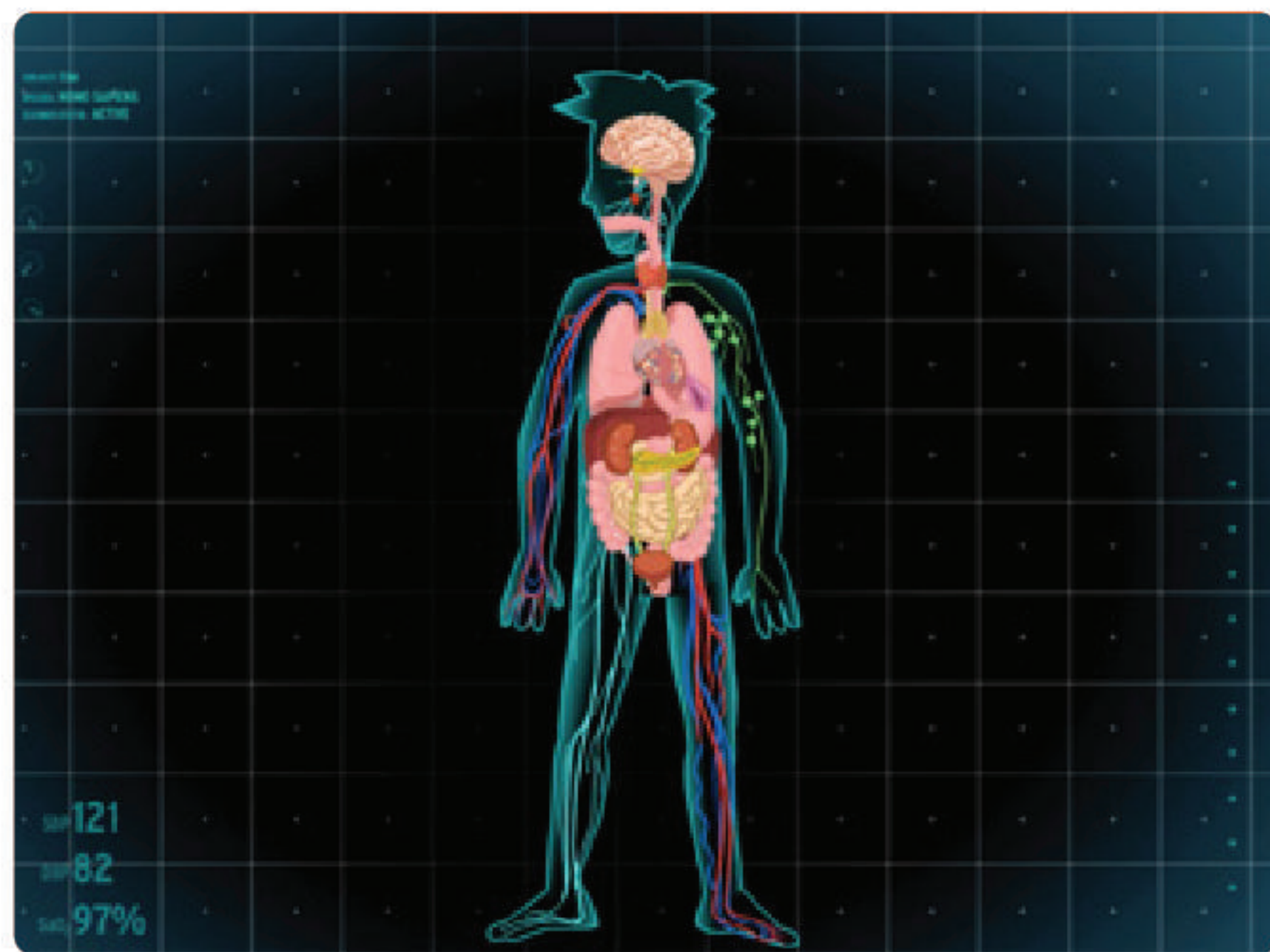


Brain POP

Summer School Toolkit

Stay moving
this Summer



BODY SYSTEMS EXPLORATION

Exercise your child's body AND brain this summer with BrainPOP movies and games featuring each of the systems that make our bodies work. Jumpstart the summer by exploring topics in the [Bodies](#) unit on BrainPOP Jr. and [Body Systems](#) on BrainPOP watching the [Body Systems](#) movie and playing the games [Guts and Bolts](#). Then each week, pick a different system to explore. Encourage your child to share their discoveries with you.

Circulatory System

BrainPOP:
[Circulatory System](#)

BrainPOP Jr.:
[Heart](#)

Nervous System

BrainPOP:
[Nervous System](#)

Game:
[Meaning of Beep:](#)
[Nervous System](#)

Digestive System

BrainPOP:
[Digestive System](#)

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

Respiratory System

BrainPOP:
[Respiratory System](#)

BrainPOP Jr.:
[Lungs](#)

Muscular System

BrainPOP:
[Muscles](#)

BrainPOP Jr.:
[Muscles](#)

Skeletal System

BrainPOP:
[Skeleton](#)

BrainPOP Jr.:
[Bones](#)



MEASURE YOUR HEART RATE

In this heart-pumping activity your child investigates their heart rate while practicing math skills, too! 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 one minute.
5. Record that number.

Next have your child do the following activities. After completing each one, have them measure and record the number of heart beats in one minute.

Activity 1: Walking for five minutes

Activity 2: Running for five minutes

Activity 3: Eating

After completing all three, ask your child, “In which activity was your heart rate the fastest? Why?” Then ask, “In which activity was your heart rate slowest? Why?”



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

There is nothing that says summer like baseball! Some kids play on organized teams, while others just pull together a game with friends in the backyard. Either way, playing a sport has countless benefits, from working with a team to staying healthy. If your child is a reluctant athlete, use this summer to explore a range of sports. 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 the summer texting? Nip this problem in the bud by finding an activity that you can do together, making you accountable, too. Doing yoga, taking a Zumba class, shooting hoops at the park, or going for a swim are all easy ways to stay healthy and fit while spending some quality time together.

PLAYGROUND POWER

Fun and fitness are a powerful duo and your local playground provides the perfect setting for both. Whether pumping legs on the swing, playing tag with friends, swinging across a monkey bar, or climbing stairs to the slide, there are endless ways for your child to [exercise](#)! Upon arriving home after a sweaty day of playground fun, prompt your child to use BrainPOP Jr.'s [Draw About It](#) tool to illustrate all the ways they were physically active today.

PHYSICAL FITNESS PUBLIC SERVICE ANNOUNCEMENT (PSA)

Explore BrainPOP's [Fitness](#) or BrainPOP Jr.'s [Exercise](#) topics as a family. Pause the movie, to discuss the benefits of exercise. Your child can do this offline or with Make-a-Map (look for the button on each topic page). Next, use the [Make-a-Movie](#) tool to create a BrainPOP-style PSA about the importance of exercise. Share it with friends!

