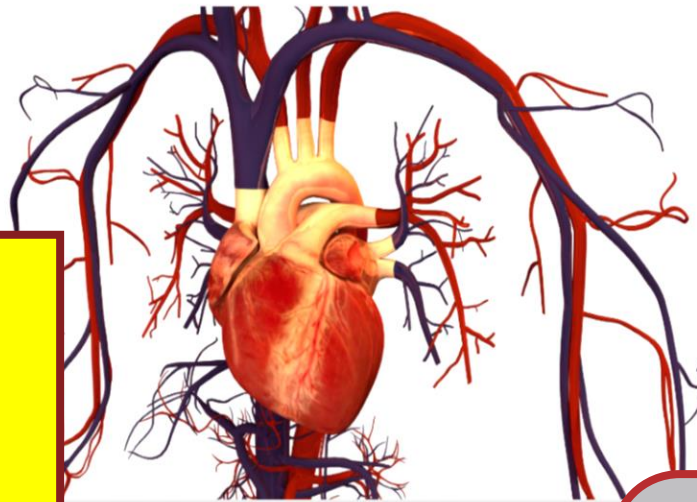


Cardiovascular System

For Special Education

Preview

- **Over 100 pages**
- **Includes social story on exercise**

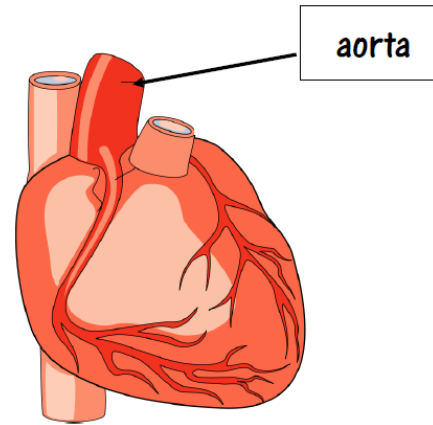


By
Christa
Joy

Put your hand on your chest. Can you feel your heart beating?



There is one main way the blood gets out of the heart, through the aorta.



As you can see, the cardiovascular system is very important.



36 page book

The cardiovascular system is made up of only 3 main parts.

1. Heart



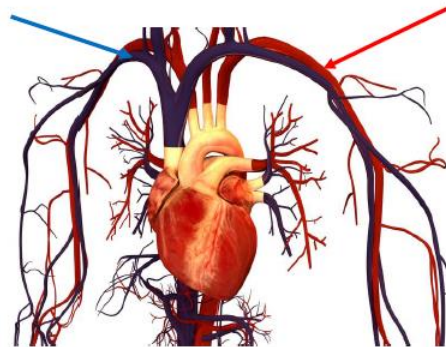
2. Vessels



3. Blood

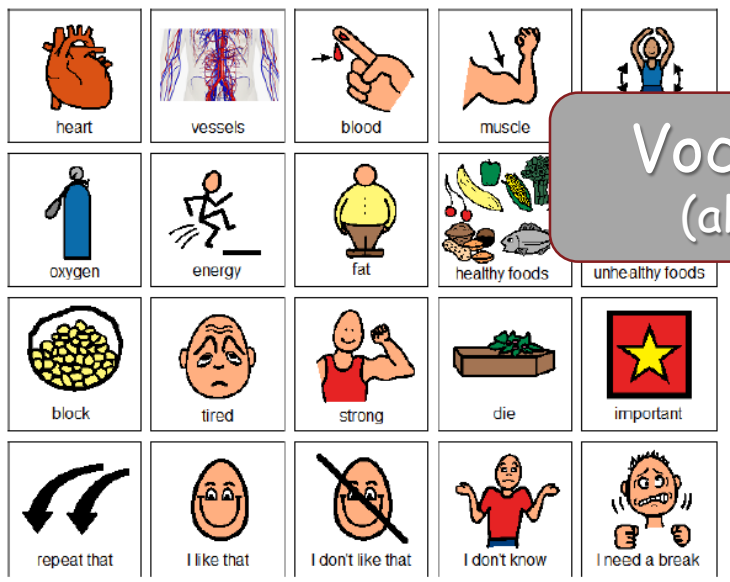


Blood travels through **arteries** and **veins** which are the second part of the cardiovascular system.



Another thing you can do to keep your heart and cardiovascular system healthy is to eat the right foods.





Vocab board (also in BW)

Cut/paste

exercise

Things like running, walking, lifting weights and more that make your heart stronger.

healthy foods

Foods that are good for your heart like fruits, vegetables, nuts, grains, and lean meats.

blockage

Fats and chemicals that can build up in the vessels and block blood flow

aorta

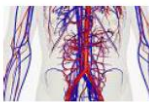
cardiovascular system

System that delivers blood to the body. It is made up of: your heart, vessels, and blood.



vessels

Complex network of tubes that allows blood to travel to all parts of the body



Vocab cards (also in BW)

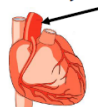
oxygen

Found in the blood and is the main source of energy for our body.



aorta

Main vessel, a large tube, that takes blood from the heart to the body



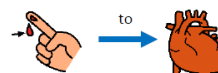
arteries

Vessels that take blood away from the heart to the rest of the body

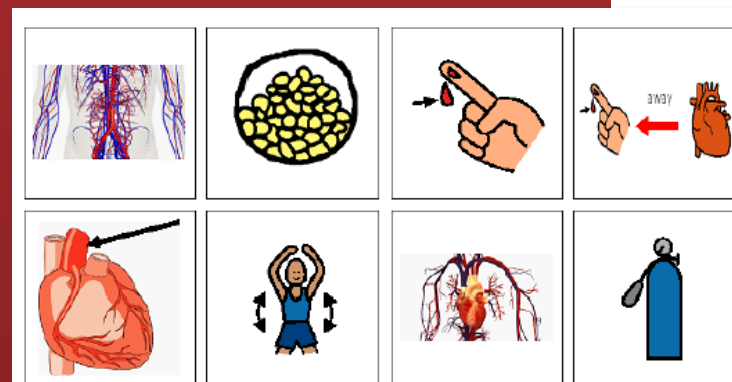
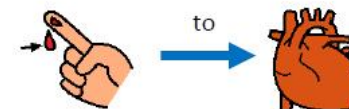
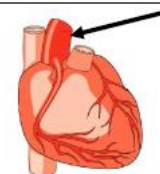


veins

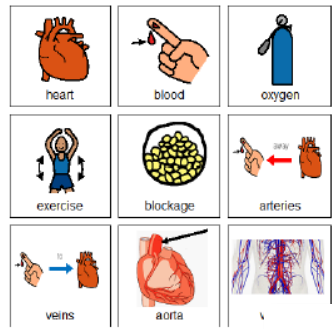
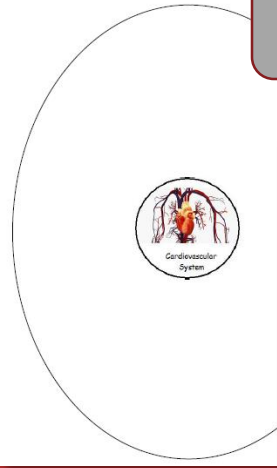
Vessels that take blood back to the heart from the rest of the body



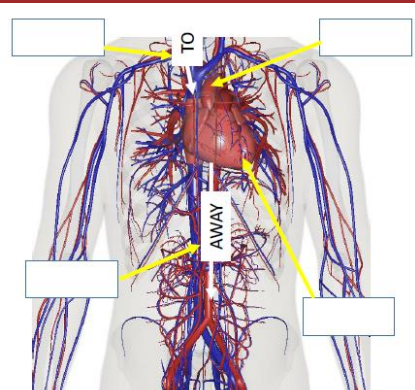
veins



Circle map (also in BW)



Labeling

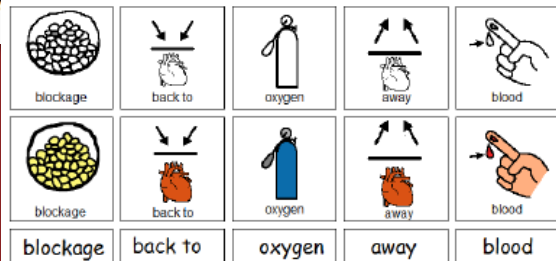


| | |
|-------|----------|
| aorta | arteries |
| veins | heart |

Cardiovascular System



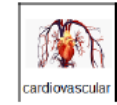
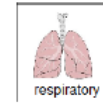
- The heart is the main muscle that pumps .
- Arteries take blood from .
- Veins take blood to the .
- Blood carries and energy to the rest of the body.
- Fat .



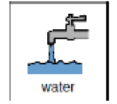
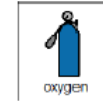
2 Cloze WS (also in BW)

Assessments (also in BW) (also simple multiple choice)

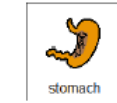
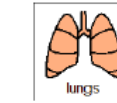
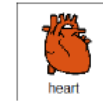
- What is the name of system that delivers blood throughout the body?



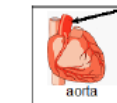
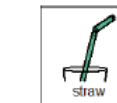
- What is the blood carrying?



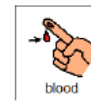
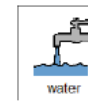
- What is the name of the main part of the cardiovascular system that pumps the blood?



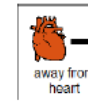
- What is the name of the main tube that leaves the heart taking blood to the body away from the heart?



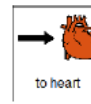
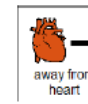
- What is in the fluid called that travels through the vessels?



- Arteries are vessels that take blood:



- Veins are vessels that take blood:



- Circle all the parts of the cardiovascular system:





18 page social story

10 Exercise
Stations

You should stretch before you exercise.



Make sure you have the right shoes
when you exercise.

Station 1



10 Jumping Jacks

Station 2



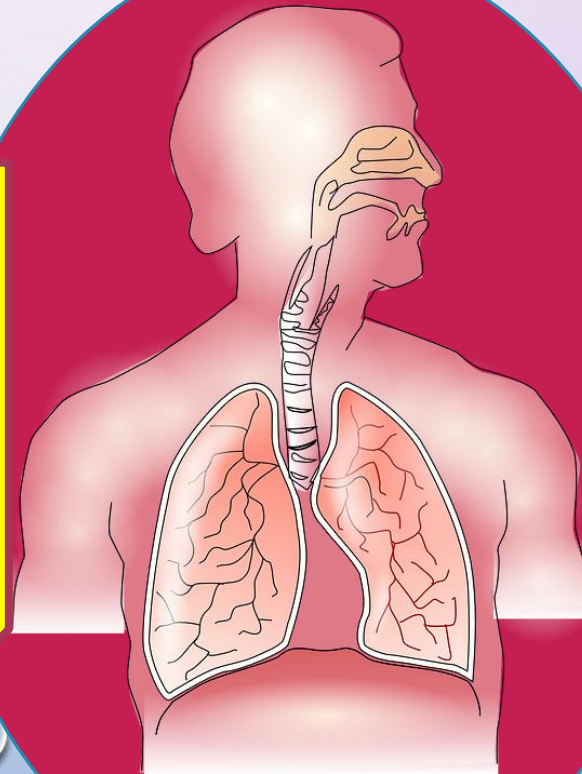
10 Overhead Stretches

Respiratory System

For Special Education

Preview

- **Over 100 pages**
- **Includes social story on smoking**

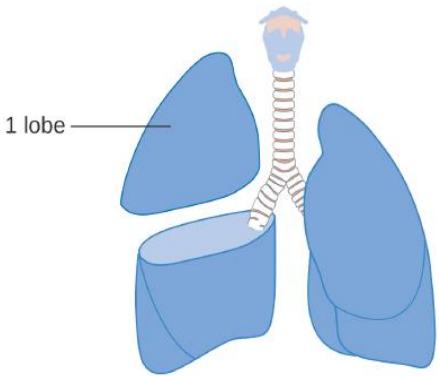


By
Christa
Joy

Every time we take a breath in, we bring new and fresh air into our body that contains oxygen we need to survive.



Think of the lungs as big sacs that can fill and hold air. The lungs are actually made up of 5 smaller sacs called lobes.

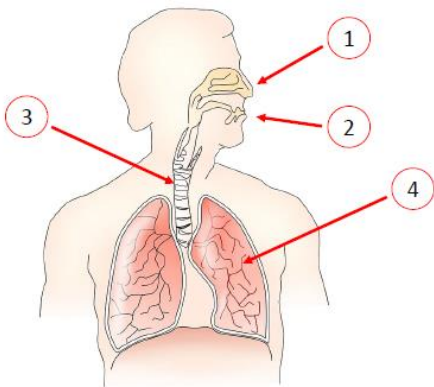


If your lungs are sick they cannot transfer this oxygen or filter out the bad substances as well.

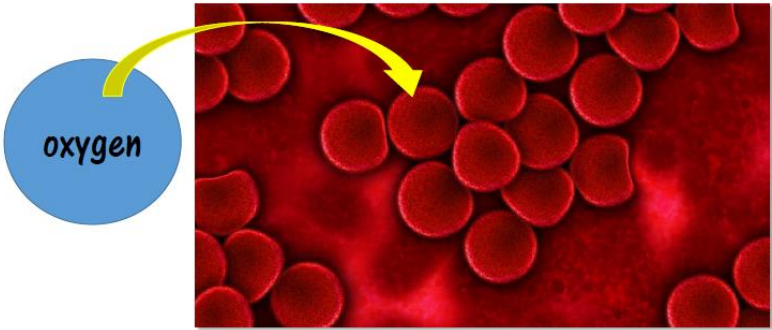


34 page book

There are 4 main parts to the respiratory system.

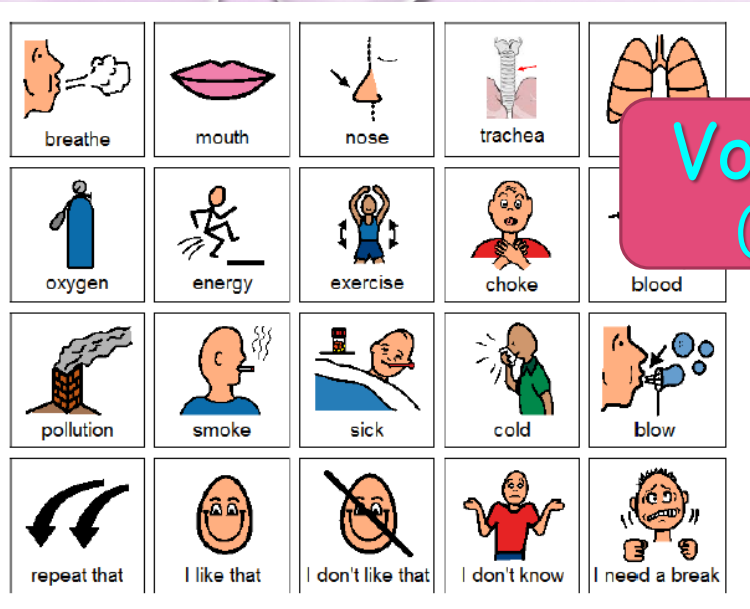


The lungs have a very important job. The lungs take the oxygen that is in the air you breathed in and send it into your blood stream.



You only have one set of lungs, and you need to take care of them.



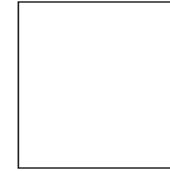


Vocab board (also in BW)

Vocab cards (also in BW)

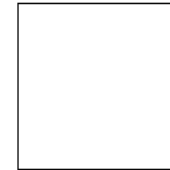
respiratory system

System in the body that delivers oxygen to the body through the act of breathing



trachea

Hard tube in the neck that gets air from your mouth and nose to your lungs



Cut/paste

smoking

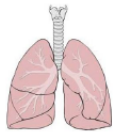


choking



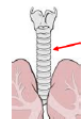
respiratory system

System in the body that delivers oxygen to the body through the act of breathing



trachea

Hard tube in the neck that gets air from your mouth and nose to your lungs.



mouth & nose

How the body gets air in and out of the body



lungs

Large air sacs in your chest that take the oxygen from the air and deliver it into the blood



oxygen

What is in the air we breathe in that gets into our body to give us energy.



lobes

Smaller sacs that make up the lungs. There are a total of 5 lobes.



smoking

A bad habit that causes disease in the lungs so they cannot work as well.



choking

What can happen when a piece of food blocks the trachea so air cannot pass through.

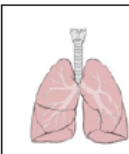
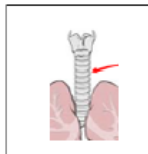
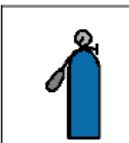
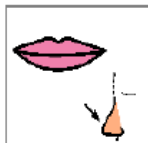


A bad habit that causes disease in the lungs so they cannot work as well

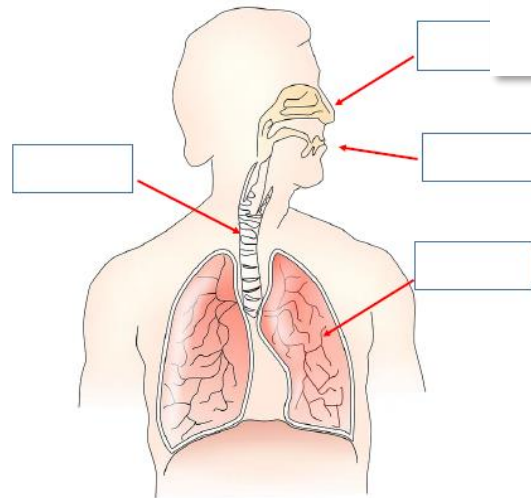
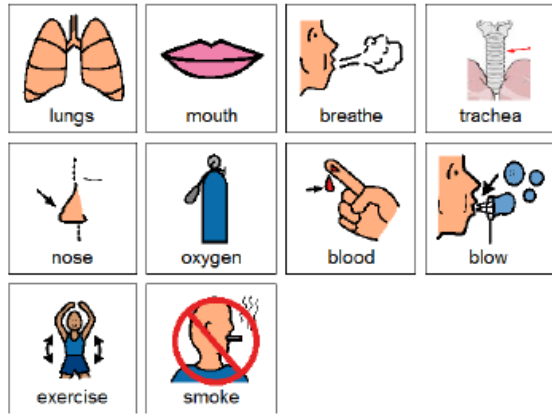
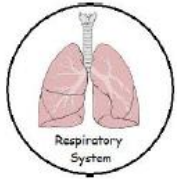
System in the body that delivers oxygen to the body through the

What can happen when a piece of food blocks the trachea so air cannot pass through.

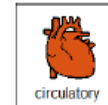
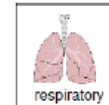
Hard to get air in



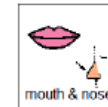
Circle map (also in BW)



1. What is the name of system that delivers air in and out of our body?



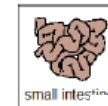
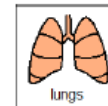
2. How does the air get in and out?



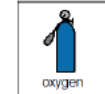
3. What is the name of the hard tube in your neck that acts like a tunnel for air to pass through?



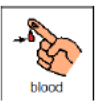
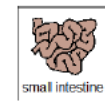
4. What is the name of the respiratory organ in your chest?



5. What is in the air that we need for energy?



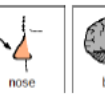
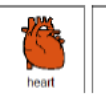
6. Where do the lungs transfer the oxygen?



7. What happens when you have a bad cold and your nose is stuffed up?



8. Circle all the parts of the respiratory system:



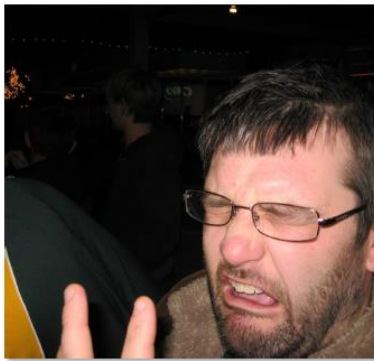
9. True or False. Smoking is **BAD** for your lungs.



If you want to take care of your lungs you should:



Assessments (also in BW) (also simple multiple choice)



Why Smoking is so **BAD** for You

By
Christa Joy
Special Needs for Special Kids

24 page social story

It turns your teeth yellow.



Smoking is one reason a person may have trouble breathing.



It is in the tobacco and is called nicotine and it makes you want to keep smoking even though you know it is bad for your lungs.



Sorting
(also in BW)



Digestive System

For Special Education

Preview

- Over 100 pages
- Includes social story on feeling sick



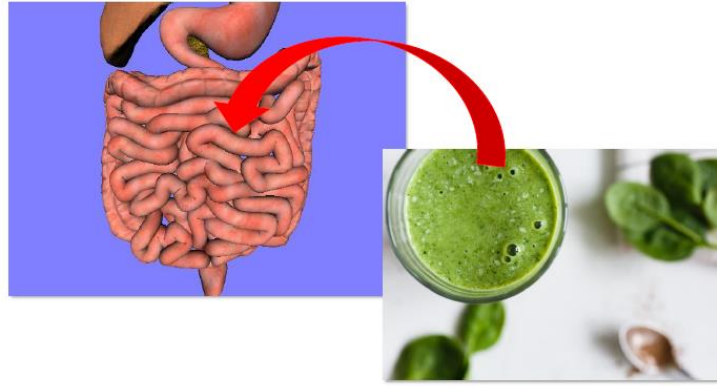
By
Christa
Joy

As you chew, your teeth break the food up into smaller pieces that are moistened by the saliva in your mouth.

This starts the **mechanical** part of the digestive process.



Most of the digestive process and absorption of nutrients occurs in the small intestine.

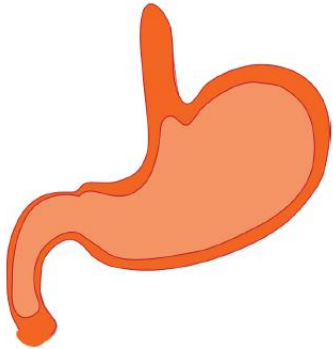


The digestive system is a very complex process that starts as soon as you start chewing your food.



36 page book

The next stop is the **stomach**. The stomach is full of a very strong acid that will chemically break down the food even more.

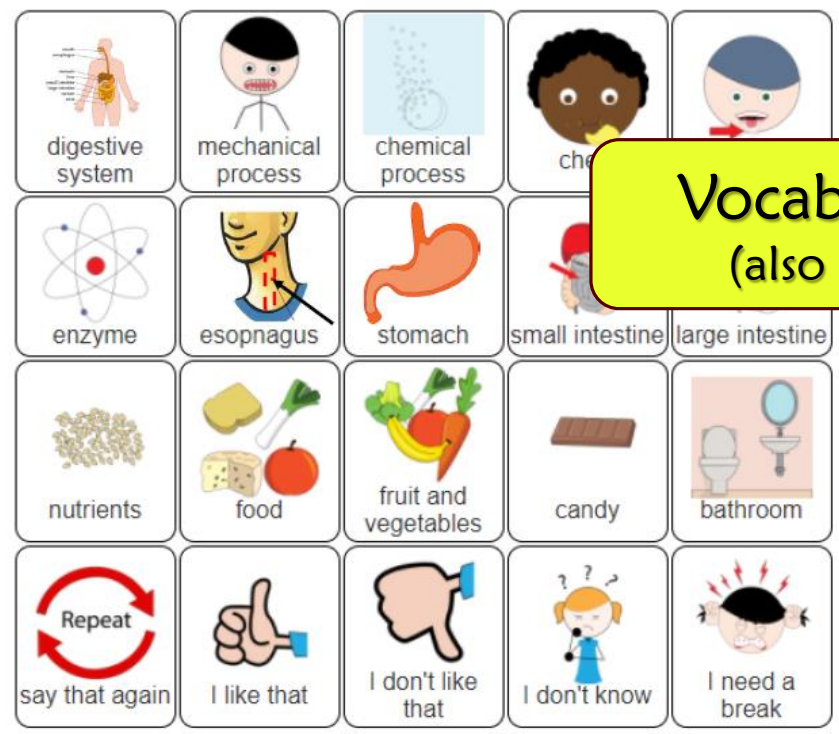


The large intestine removes any water that is left behind once the nutrients have been absorbed by the small intestine.



Fats, sugars, and things like bread and chips do not contain a lot of good nutrients. If we eat a lot of these foods, our digestive system works really hard but ends up with very little fuel for our body.





Vocab board
(also in BW)

Cut/paste
(also in BW)

chemical process

Acids and enzymes dissolving and breaking food down into very small parts.

acid

Very strong chemical in the stomach that dissolves and breaks down food. Also kills germs and bad bacteria.

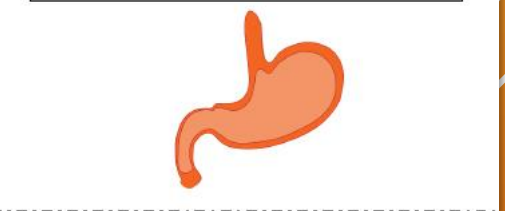
nutrients

Substances extracted from the food you eat that gives your body energy.

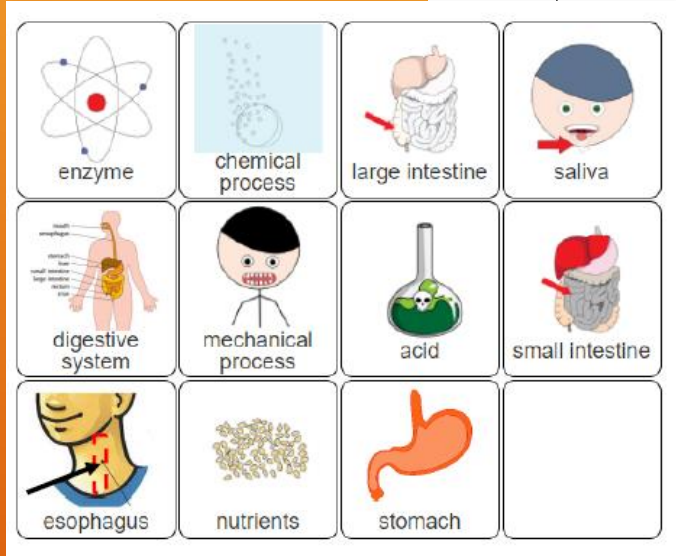
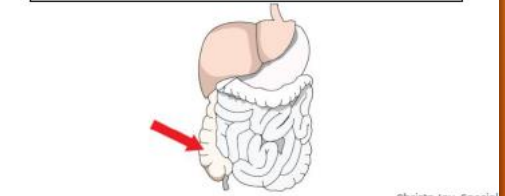
esophagus

Tube in your throat made from muscle that connects your mouth to your stomach. It moves food by squeezing it.

stomach



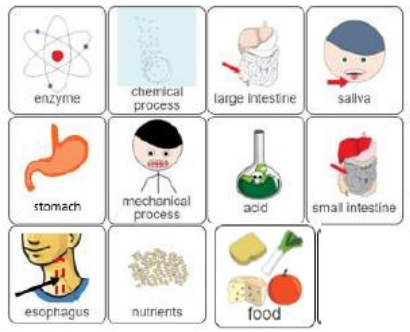
large intestine



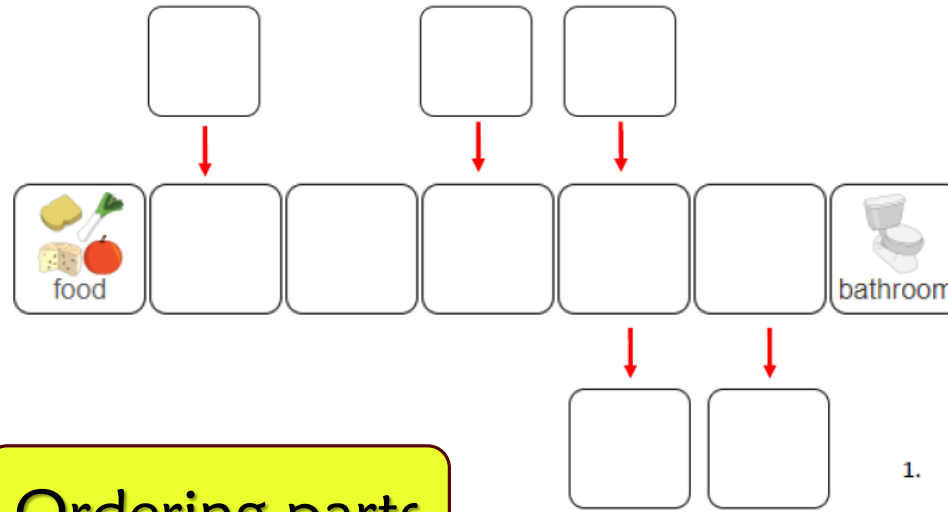
| | |
|--|---|
| <p>digestive system</p> <p>Mechanical and chemical processes that pulls nutrients and water from the food you eat so it can fuel your body.</p> | <p>saliva</p> <p>Liquid in your mouth that moistens food and contains enzymes to start breaking down some foods.</p> |
| <p>enzymes</p> <p>Substances in the digestive system that chemically break down food.</p> | <p>mechanical process</p> <p>Act of chewing and physically breaking down food. The first part of digestion.</p> |

Vocab cards
(also in BW)

Circle map (also in BW)



Cut the pictures or labels apart and place them in the correct order.



Assessments (also in BW) (also simple multiple choice)

1. What is the name of system that breaks down the food you eat?



2. What does the body get from the food?



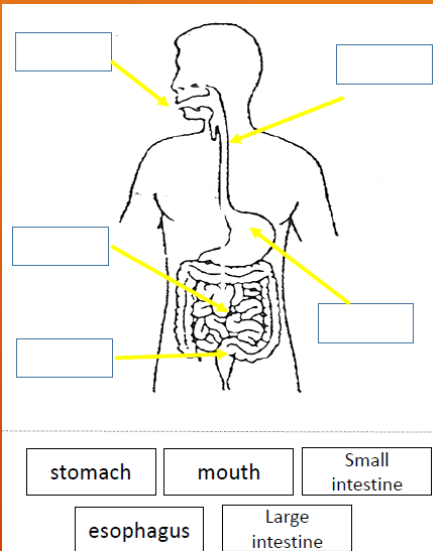
3. What starts the mechanical process of digestion?



4. What moistens the food once it is in the mouth?



Labeling (also using pics)



Ordering parts

2 Cloze WS
(also in BW)

Digestive System



1. When you chew, it starts the digestive process.
2. moistens the food and starts to dissolve it.
3. When you swallow, the food goes down the esophagus which is a tube made of .
4. The stomach contains strong acid that dissolves the food..
5. The small intestine is where most of the are absorbed from the food.

Everyone feels sick from time to time.



An adult may give you some medicine to feel better.



19 page social story

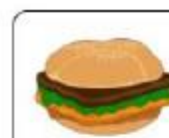
It could be a virus.



Ginger ale and plain crackers are often a good choice.



Sorting activity (also in BW)



hamburger



cracker



spare ribs



rest



ice cream



steak



pizza



ginger ale



tell an adult



wait



medicine



fries