The Path of Blood

Here is your blood cell (show bottle cap, etc). We’re going to follow its path through the body. You’ll take turns moving the blood cell with your finger. As you work, don’t lift the cell off the body or go outside it.

\*Have different students move the blood cell for each paragraph\*

Start your blood cell in the lungs. What does it pick up here? That’s right, oxygen! Show that this blood cell has oxygen by turning it over so that the red side is up. The blood cell will now travel around to give oxygen to different parts of the body. Move the cell from the lungs to the heart’s top right chamber.

The heart will now pump and the blood cell will go down to the bottom right chamber, then whoosh out of the heart and will head down the arm to the hand. Now move it back up to the armpit.

Move the blood cell down the side of the body, down the leg, to the foot. Remember that’s giving off oxygen to different body cells that it passes along the way (muscle cells, etc). It also picks up waste from those cells.

Move it back up the leg and down the other leg. Now the blood cell has traveled halfway around the body. What’s it carrying? Does it have all of the oxygen that it started with? No, not much oxygen is left. Flip it over to the blue side to show that it doesn’t have much oxygen left.

Move it back up the leg, up the side of the body, and down the other arm.

Head back up the arm to the top LEFT side of the heart. Where should it go to get more oxygen? That’s right- the lungs! The heart gives a pump to send it down to the bottom left portion of the heart, and then to the lungs.

It has oxygen again! What color should it be now? And where should it head? Back to the right side of the heart. Now the blood cell is ready to go again.