

**45 min**  
Science  
Workshop



**Ages**  
**3-8**

# Learn-Through-Play Workshop

This OKIDO downloadable workshop is designed for families and can be easily delivered in the home by YOU. It is designed in collaboration with the British Science Association and follows learning to facilitate Early Years and KS1 development using easy-to-find objects from around the home.

This 45 minute learn-through-play workshop includes:

- Watch an episode of Messy goes to OKIDO together
- Discuss the science with easy-to-follow pointers around the subject
- Complete a make-and-do science activity
- Reinforce the learning with a fun, follow-up worksheet



Theme - **My body**  
Subject - **Heart and blood**

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### Watch and learn together

Together with your child, watch this 10-minute episode of Messy goes to OKIDO - 'Big Hearted Messy'.

[Link to Big Hearted Messy episode](#)

In this episode, Messy wonders why his heart is making a bumpy noise when he's been running around? So off he goes to OKIDO to see if he can get some help.

The friends fly inside Lofty the giant into his bloodstream. The blood slows down when Lofty falls asleep so they have to make the blood move faster so they can get back out. We learn that the heart is a large muscle like a pump which sends the blood around the body delivering oxygen to all the different parts.

### Talk about the science

Right after watching, ask your child some questions about what they've seen:

- Why was Lofty sad?
- How did they make Lofty's blood move faster?

Now talk to your child about what we've learned about our heart:

- What happens to your heart when you exercise? Why?
- What happens to your heart and blood when you slow down or sleep?

*If your child asks a question that you don't know the answer to - just investigate together to find out!*

Don't worry - all the information you need to know is explained in the episode : )



New words: Bloodstream, oxygen



### Now make a stethoscope

You will need:

- Cardboard tube or card to roll into a tube
- Pens, tissue, coloured paper to decorate
- Glue, scissors and string

First, have your child put their hand on their heart and think about what it feels like. Now ask them to do 20 star jumps and run on the spot for 20 seconds. How has the feeling from their heart changed? Is it faster and louder now or slower and quieter?

- Now roll the cardboard into a tube to fit their ear.
- Glue or tape down securely.
- Put two holes in one end and tie the string so it can be worn around the neck.
- Decorate : )

In a quiet room, ask your child to hold the tube to their ear and listen to your heart. Can they hear it? Now do some fast exercise and ask them to listen again.

### Experimenting and data collecting

You can experiment with:

- Different sizes of tubes
- Try different levels of exercise

For very young children be sure to work together to create the stethoscope but then let your little one go wild with the decorating!

You can also listen to each other's hearts by putting your ear tightly to each other's chest and listening directly.

This is a great opportunity to help your child learn short exercise routines like hopping on one foot, running on the spot, squats and running backwards.

*Talk about sustainability with your child and let them know that when finished being played with, this stethoscope can be easily recycled.*

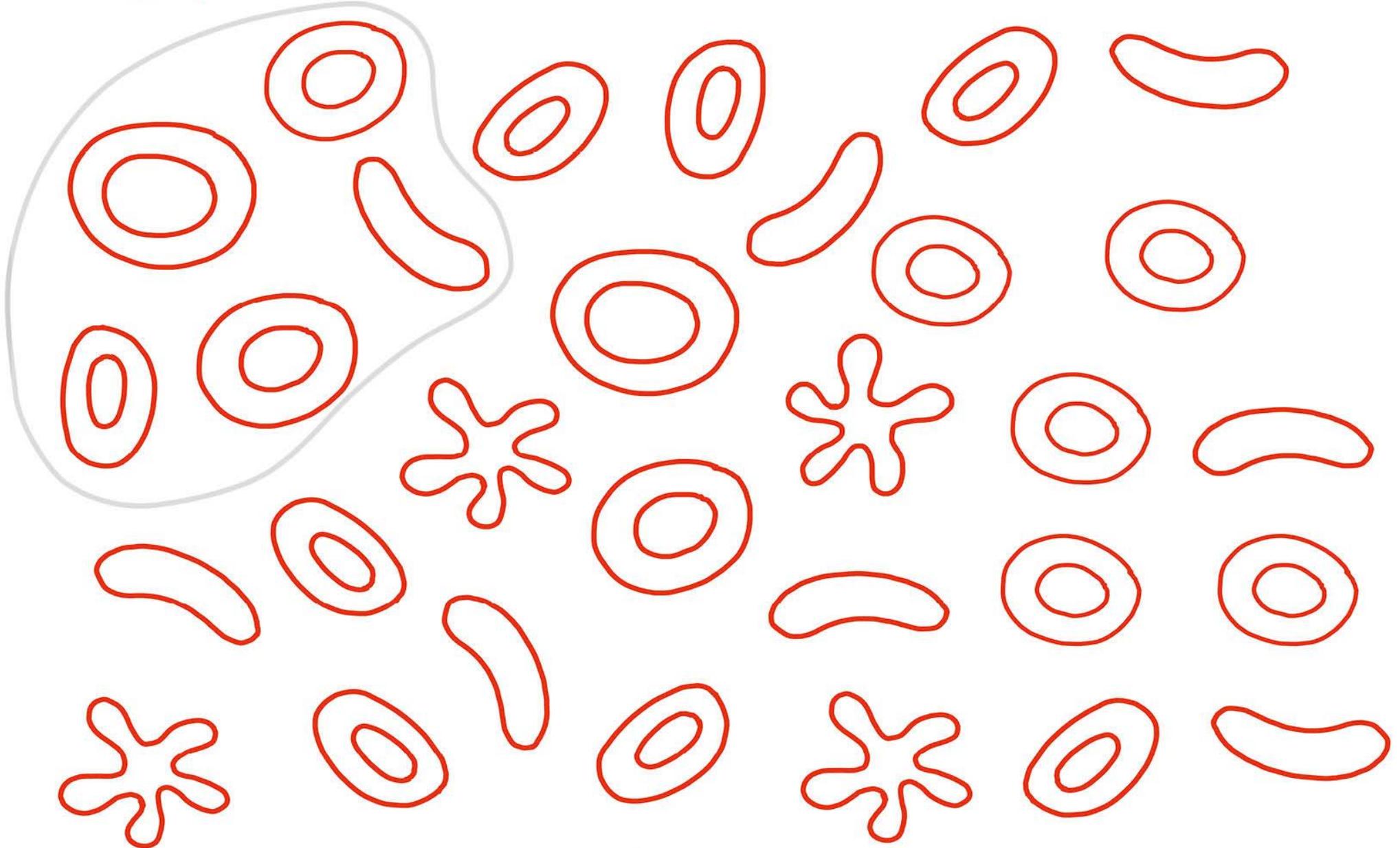
*Never leave your child unattended with a toy that can be worn around their neck and store safely out of reach.*



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## Cell division

Group these blood cells into fives. The first one has been done as an example.  
How many groups of 5 did you get? Now colour them in!



# All these animals have a heart

Draw them!

