

# All About the Heart

AUTHOR

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ILLUSTRATOR

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**RECOMMENDED FOR:** Lower to Mid Primary



## SYNOPSIS

Does your heart really stop when you sneeze? Can it break? How does our heart compare to the heart of other creatures? Curious kids will find the answers to all their questions and more in *All About the Heart* by leading paediatric cardiologist Dr Remi Kowalski.

## ABOUT THE AUTHOR

Dr Remi Kowalski is a paediatric cardiologist with 15 years of experience who practices at the Royal Children's Hospital. He trained at the University of Melbourne, as well as the Royal Brompton Hospital in London, and at the AMC Hospital in Amsterdam as part of his PhD.

He lives in Melbourne with his partner, two primary school aged children and two cats. Although he has written plenty of academic articles, this is his first children's book.

## ABOUT THE ILLUSTRATOR

Tonia Composto is a Melbourne-based illustrator and graphic designer and the creator of *GoGo Zine*, a mini mag for kids.

## THEMES

- STEM
- Anatomy
- Cardiology
- Science
- Human body
- Health
- Biology

## STUDY NOTES

- What's your heart's job, and how does it do it?
- Which creatures have more than one heart? Which creatures don't have hearts?
  - Make a list of animals included in the book and write down how many hearts they have and how many chambers are in their heart, if they have one. You might even be able to research other animals not included in the book to see how many hearts and heart chambers they have.

- If your heart is soft, how does it stay safely protected in your body?
- How does your heart make sure blood goes in the right direction?
- What happens when your heart squeezes its chambers?
- When we feel sad, is that emotion coming from our heart? Why or why not?
- What can we do to take care of our heart as best we can? How can doctors support us in keeping our bodies and hearts healthy?
- How many times does your heart beat in 60 seconds? Put your fingers on the inside of your wrist and count how many times you can feel your heart pump during a minute. Compare your results with the person sitting next to you.
- Make a list of activities that make your heart go faster and activities that slow your heart down.
- Draw your own diagram of the human heart. Remember, it doesn't look like a love heart. (That would be a three chamber heart.) Label the different parts of the heart.