



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Class: \_\_\_\_\_

**1. Where can you find your heart?**

- A. In your lungs
- B. In your chest
- C. In your stomach
- D. In your head

**2. Which is part of the circulatory system?**

- A. stomach
- B. skin
- C. veins
- D. muscles

**3. When do you think your heart beats the slowest?**

- A. While you are running.
- B. While you are asleep.
- C. While you are laughing.
- D. While you are angry.

**4. How can you lower your pulse after you exercise?**

- A. Do a lot of jumping jacks.
- B. Stretch and walk around.
- C. Drink a soda with caffeine.
- D. Jump rope and dance.

**5. Which is the BEST way to keep your heart healthy?**

- A. Eat potato chips.
- B. Exercise every day.
- C. Sing quiet songs.
- D. Play board games.