

Start of Line

SA NODE

Your Mission

You are the heart's natural "spark."
You set the rhythm for everyone else to follow.

Your Instructions

Round 1: Using the metronome, tap the Heart on the shoulder every time it sounds. Stay steady!

Round 2 & 3: You are now going to introduce an irregular rhythm. First, tap the Heart on the shoulder on beats 1 and 5. Next, tap the Heart only on beat 1, then tap only on beat 5. Then repeat that pattern.

Middle of Line

HEART

Your Mission

You are the muscle that causes the blood to flow. You turn electrical signals into movement to push blood through the body.

Your Instructions

All Rounds: Every time the SA Node taps your shoulder, move one token from the Atria bin to the Ventricle bin. Only pump (move a token) when you get the signal (tap).

End of Line

BODY

Your Mission

You represent the organs (brain, lungs, kidneys) that need blood to survive. Your survival depends entirely on consistency.

Your Instructions

All Rounds: At least one token needs to move to the organs every 3 seconds for the organs to stay healthy.

If 3 seconds pass without a token, say: "HEARTBEAT IS IRREGULAR."

If 5 seconds pass without a token, say: "I NEED HELP" and the round ends.

Next to Heart

PACEMAKER

Your Mission

You observe the system's failure and then fix it with technology.

Your Instructions

Round 1 & 2: Do not help! Just watch and take notes. Record how many tokens were successfully moved and when the system failed.

Round 3: You are now the Pacemaker. Watch the metronome and tap the Heart on the shoulder if the SA Node misses a beat. Only tap when the SA Node doesn't beat.

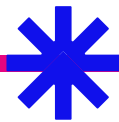
Quick Science Terms to Know

Atria & Ventricles: The chambers (rooms) inside the heart that hold blood.

SA Node: A special group of cells that act as the body's natural pacemaker.

Sinus Node Disorder: An irregular or dangerously slow heartbeat that can cause chaos in the body.

Pacemaker: A device that sends gentle electrical pulses to keep the heart beating at a steady rate.



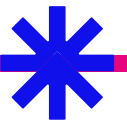
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