



Cardiovascular System

Focus Factor Worksheet

Part 1: Introduction Check

What is the main job of the cardiovascular system?

- a) To digest food
- b) To pump blood and transport oxygen/nutrients
- c) To send messages through nerves
- d) To control hormones

The cardiovascular system includes the:

- Heart
- _____
- _____

Part 2: Organs & Functions

Fill in the blanks:

1. The heart has _____ chambers.
2. Blood vessels are made up of three main types: _____, _____, and _____.
3. The calf muscles are sometimes called the “_____” because they help pump blood back up toward the heart.

Part 3: Positive vs. Challenging Emotions

Circle the emotions that support heart coherence:

- Anger
- Gratitude
- Fear
- Love
- Joy
- Anxiety

Part 4: Holistic Heart Wisdom

Match the description with the correct practice:

- | | |
|--|------------------------|
| 1. Known as the “heart’s herb” that strengthens circulation. ____ | A. Garlic |
| 2. Lowers blood pressure and cholesterol. ____ | B. Hawthorn |
| 3. A practice that creates coherence between the heart and the brain. ____ | C. HeartMath Breathing |
| 4. The emotion linked to the Fire Element in Chinese Medicine. ____ | D. Joy |

Part 5: Fun Facts

True or False:

- The heart creates the strongest electromagnetic field in the human body. ____
- The heart only sends signals to the brain, not the other way around. ____
- Laughter, sleep, and connection are lifestyle choices that support heart health. ____

Part 6: Reflection

- When I practiced HeartMath breathing, my heart felt

- One way I can take care of my cardiovascular system every day is:
