

Title:

# Why Do I Bleed?

Author:

**Kirsty Holmes**



## Before Reading

- Look at the title and chapter list. What do you think this book is about?
- Discuss:
  - What do you know about blood and how it works?
  - Have you ever had a cut or nosebleed?
  - What questions do you have about how blood keeps us healthy?

## During Reading

- After each section, ask:
  - What did you learn about blood or the circulatory system?
  - What does this part do in your body?
  - Why is it important?
- Use a diagram to track how blood moves around the body as you read.

## After Reading

### Group discussion

- What fact surprised you the most?
- What's the difference between red and white blood cells?
- How do you take care of your heart and blood vessels?

## Activities

### 1. Blood Flow Map

- Create a diagram showing how blood moves through the body.
  - Label the heart, veins, arteries, and lungs.
  - Add arrows to show direction of blood flow.

### 2. My First Aid Poster

- Make a poster with tips for treating small cuts and scrapes.
- Include how to clean wounds and why scabs are important.
- Decorate it with fun drawings and facts.

### 3. Blood Cell Trading Cards

- Make two cards: one for red blood cells, one for white.
- Add:
  - Name
  - What it does
  - Fun fact
- Add a cool illustration for each!