



TAKE IT TO HEART

Flight attendants are superheroes without capes! They are first responders in the case of an emergency while in the air, including attending to medical emergencies. Flight attendants can administer first aid, perform CPR, and use automated external defibrillators (AED). To uncover some ways to keep your heart healthy, try the STEM activity below.

Create a heart chamber model:

- Protect your work surface.
- Add roughly 1 cup of water to the mason jar and add a few drops of red coloring (optional).
- Cut the neck of the balloon off. Save both pieces.
- Stretch the bottom of the balloon (the large part) over the opening of the mason jar. Try making it as tight as you can without ripping the balloon.
- Using the toothpick, pierce 2 tiny holes in the balloon about an inch apart. Insert a bendy straw into each hole.
- Place a cup under each straw.
- Gently press down in the middle of the balloon and see what happens.
- Secure the neck of the balloon on one of the straws with the rubber band so no liquid escapes. How does that impact your model?

Try the same experiment with the various size straws. How does the size of the straws affect your model? How might that relate to the health of your heart in real-life? What can you do to keep your heart fit to fly?

