THIS IS THE BALANDA STORY ABOUT ‘CIRCULATION’

How our blood moves around our body
Our heart, blood vessels and lungs are the parts that move our blood around our body.

Working together they move blood round and around our body:

- from our heart to our lungs and returning to our heart
- from our heart to our brain and returning to our heart
- from our heart to our legs and our arms and our body—everywhere and returning to our heart
In this story colours have different meanings. Our veins are blue and our arteries are red.
Our story of circulation starts with our heart
Our heart is the only muscle in our body that squeezes and relaxes, squeezes and relaxes, without stopping.
As our heart squeezes it pushes our blood away from our heart, then it relaxes and lets more blood come in. These two actions are called pumping.
Our heart is always pumping
‘Pulse’ is the name for blood pumping through our blood vessels. The doctor feels the pulse at our wrist to find out how fast our heart is pumping.
Our heart pumps blood through blood vessels to our lungs.
This blood picks up oxygen in our lungs then returns to our heart.
Our heart pumps and pushes this blood out to all parts of our body.
This blood then returns to our heart from our body. This is how blood circulates around our body.
This part of the story is about ‘blood vessels’. Our blood moves around our body through our blood vessels.
There are three names for these blood vessels:
- arteries
- veins
- capillaries
Arteries are big, strong and deep inside our body.
They carry our blood away from our heart to the rest of our body.
‘Blood pressure’ is the name for blood pushing against the inside edge of our arteries.
Veins are smaller and not as strong as our arteries. We can see some of them on the surface of our skin. Veins carry our blood from all over our body back to our heart.
Capillaries join our arteries and veins and are very small like a spider’s web
Our blood is always moving around and around our body
It doesn’t sit still
- from our heart into our arteries
- from our arteries into our capillaries
- from our capillaries into our veins and back to our heart
The title uses the word “balanda” to describe the biomedical story, you can substitute this word for the word for non-aboriginal people in the local language.

These books are designed to be used as dialogue starters and so the text has been kept to a minimum.

- Plain English stories which describe the biomedical physiology processes are available on the website.
- Use actions to describe the movement of blood or air through our body.
- Further explanations may be required for certain concepts:
  - that microscopes make things look bigger
  - the body uses energy to carry out its metabolic processes
  - concepts of fluids and air

Allow time for the interpreters to do the translations.

Allow time for people to look at the pictures.

The pictures of the organs are viewed from both the front and back.

Each colour in the pictures has a specific meaning:
- Red are the arteries which carry blood away from the heart
- Blue are the veins which carry blood back to the heart
- Grey is used to “hide” the vessels.

**HOW TO CLEAN THE ACETATE SHEETS**

Clean acetate with shellite or metho, and then wipe with water (test on corner first)
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