

Cells at Work

Your heart just beat, your lungs just expanded, and neither one asked for permission.

Journal prompt: Pick one body system (respiration, circulation, digestion, excretion or sensory awareness) and explain how a single change in your day, like running for a bus, eating a big lunch, or stepping outside on a cold morning, changes what that system has to do ([Outcome](#)).

Where to start

- Which system did you pick, and what is its main job in the body?
- What specific organs or tissues are involved ([Outcome](#))?
- What actually changes: does something speed up, slow down, or produce more or less of something?
- Why does that change help your body stay balanced or healthy?

Stretch

Zoom in to the cell level. Name one type of cell in that system and describe what it does differently during your chosen event ([Outcome](#), [Outcome](#)).