Name: _____ Date: _____

The Head Rush When You Stand Up Fast

Circle group

Noah sat on the floor and built with blocks for a long time. Then he jumped up to get a snack. The room seemed to wobble. Tiny sparkles floated by his eyes. What was going on?

Blood goes all around your body. Your brain needs a steady supply. When you sit, your blood spreads out evenly. When you stand, gravity pulls some of it down to your legs.

Your body usually fixes this fast. Your blood vessels squeeze a little. Your heart pumps faster. The blood goes back up to your head. But if you stand up very fast, your body can be slow for a moment. Less blood reaches your brain. That makes you feel wobbly.

It goes away fast. Stand up slowly. Drink water. If it happens a lot, tell a grown-up.

Questions

1. What was Noah doing before he jumped up?

_____

_____

2. What does gravity do to your blood when you stand?

_____

_____

3. What do blood vessels do to push blood up?

_____

_____

4. What makes the wobbly, sparkly feeling?

_____

_____

5. What should you do if you feel dizzy a lot?

_____

_____

6. Why does standing up slowly help?

_____

_____

Words to know

gravity: the pull that draws things down toward the ground
blood vessels: the tiny tubes that carry blood through the body
wobble: to shake or sway from side to side
steady: even and not changing

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

The Head Rush When You Stand Up Fast

Triangle group

Noah sat on the floor for a long time, building with blocks. When he jumped up to get a snack, the room seemed to wobble. Tiny sparkles floated in front of his eyes. What was going on?

Blood travels all around your body, and your brain needs a steady supply. When you sit or lie down, your blood spreads out evenly. When you stand, gravity pulls some of it down toward your legs.

Usually your body adjusts in a blink. Your blood vessels squeeze a little, and your heart pumps a bit faster. That pushes the blood back up to your head. But if you stand up very quickly, the body may lag behind for a moment. For a second or two, less blood reaches your brain. That is what causes the wobbly, sparkly feeling.

It goes away fast. You can help by standing up slowly and pausing before you walk. Drinking enough water helps as well. If dizziness happens a lot or lasts, tell a grown-up.

Questions

1. What was Noah doing before he jumped up?

_____

_____

2. What does gravity do to your blood when you stand?

_____

_____

3. What do blood vessels do to push blood back up?

_____

_____

4. What causes the wobbly, sparkly feeling?

_____

_____

5. What should you do if you are dizzy a lot or it lasts?

_____

_____

6. Why does standing up slowly help?

_____

_____

Words to know

gravity: the pull that draws things down toward the ground
blood vessels: the tiny tubes that carry blood through the body
wobble: to shake or sway from side to side
steady: even and not changing
adjusts: changes a little to fit a new need

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

The Head Rush When You Stand Up Fast

Square group

Noah sat on the living room floor for a long while, constructing a tower out of wooden blocks. When he suddenly sprang up to fetch a snack, the whole room seemed to wobble, and tiny sparkles floated in front of his eyes. What was going on inside his body?

Blood travels all around your body, and your brain depends on a steady supply of it. When you sit or lie down, your blood is spread out evenly. When you stand, however, gravity pulls some of it down toward your legs.

Usually your body adjusts in the blink of an eye. Your blood vessels squeeze a little, and your heart pumps slightly faster, which pushes the blood back up to your head. But if you stand up extremely quickly, your body may lag behind for a moment, and for a second or two, less blood reaches your brain. That is what causes the wobbly, sparkly feeling.

The sensation fades quickly. You can help by rising slowly and pausing before you walk, and drinking enough water helps as well. If dizziness happens often or does not go away, tell a grown-up.

Questions

1. What was Noah doing before he sprang up?

_____

_____

2. What does gravity do to your blood when you stand?

_____

_____

3. What do your blood vessels do to push the blood back up?

_____

_____

4. What causes the wobbly, sparkly feeling?

_____

_____

5. What should you do if dizziness happens often or does not go away?

_____

_____

6. Why does standing up slowly help?

_____

_____

Words to know

gravity: the pull that draws things down toward the ground
blood vessels: the tiny tubes that carry blood through the body
wobble: to shake or sway from side to side
steady: even and not changing
adjusts: changes a little to fit a new need

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: The Head Rush When You Stand Up Fast

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: The Head Rush When You Stand Up Fast

Easier · 135 words · Flesch-Kincaid grade 1.4

1. Building with blocks.
2. It pulls some of it down to your legs.
3. They squeeze a little.
4. Less blood reaches the brain for a moment.
5. Tell a grown-up.
6. It gives the body time to send blood back up to the head.

Triangle: The Head Rush When You Stand Up Fast

This passage · 168 words · Flesch-Kincaid grade 3.3

1. Building with blocks.
2. It pulls some of it down toward your legs.
3. They squeeze a little.
4. Less blood reaches the brain for a moment.
5. Tell a grown-up.
6. It gives the body time to send blood back up to the head.

Square: The Head Rush When You Stand Up Fast

Harder · 190 words · Flesch-Kincaid grade 6

1. Building a tower out of wooden blocks.
2. It pulls some of it down toward your legs.
3. They squeeze a little.
4. For a moment, less blood reaches the brain.
5. Tell a grown-up.
6. It gives the body time to send blood back up to the head.