R = cell

A = tissue or organ

F = letter

T = I need help

# Dear Heart,

I am a cell living in the body of Todd, a seventh grade student at\_\_\_\_\_\_\_\_ Middle school. Todd takes good care of himself but he needs some help. I am a cell living in his muscles and, boy, some days he exercises and I need more oxygen to be comfortable.

I was hoping that you might pump more blood my way and make sure you send it to the lungs for oxygen first. When it gets to me, I feel like I have just been given a new lease on life. I get rid of some wastes and combine that oxygen with food to release more energy and I could just keep on moving his body as long as he wants. In fact, I feel like the energizer bunny when that happens. I hope you will consider this request, after all, you are part of the body and when he exercises, it helps you, too.

Have a great day,

George, a muscle cell

# suggestions

##  Role Audience Format Topic

|  |  |  |  |
| --- | --- | --- | --- |
| Bone cell | Muscles, digestive system | Letter | Help me grow, stay strong |
| Heart cell | Blood, lungs, blood vessels | Letter | I need a workout, feed me, relax |
| Brain cell | mouth, muscles, nerves | letter | I need breakfast, wear your bike helmet |
| Stomach cell | Esophagus, intestine, gall bladder | letter | Slow down, feed me, add enzymes,  |