




Bring the beat!

What you need:

CLAY, DOUGH, OR GUM
PLASTIC STRAW
TIMER/PHONE



OH.. I'VE GOT
RHYTHM.

What to do:

HAVE THE CHILD PLACE THEIR HAND ON A TABLE, PALM UP.
PRESS THE CLAY, DOUGH, OR GUM FIRMLY AGAINST THE WRIST AND
GENTLY INSERT THE STRAW SO THAT IT POINTS UPWARDS.
YOU SHOULD BE ABLE TO SEE THE STRAW MOVE SLIGHTLY AT EACH
HEARTBEAT.
COUNT THE NUMBER OF TIMES THE STRAW TWITCHES IN 30 SECONDS.
MULTIPLY THIS NUMBER BY 2 TO DETERMINE THE HEART RATE PER
MINUTE.
REMOVE THE CLAY AND DO SOME EXERCISE, PLAY, RUN AROUND, ETC.
FOR SEVERAL MINUTES.
TAKE THE CHILD'S HEART RATE ONE MORE TIME. IT WILL LIKELY BE
HIGHER THAN BEFORE!

What's going on?

YOUR HEART IS A MUSCLE THAT CONTRACTS (SQUEEZES) TO MOVE
BLOOD AROUND YOUR BODY. BEFORE EACH BEAT, THE HEART IS FILLED
WITH BLOOD. WHEN IT CONTRACTS, IT SQUEEZES THIS BLOOD QUICKLY
THROUGHOUT THE BLOOD VESSELS OF YOUR BODY. THE FORCE OF
THIS RAPID MOVEMENT OF BLOOD IS SO STRONG, IT CAN BE FELT (AND
SEEN IN THIS EXPERIMENT!) A NORMAL RESTING HEART RATE FOR KIDS
IS AROUND 70-100 BEATS PER MINUTE.