SCIENCE · HUMAN BODY · GRADES 2–3

Feel Your Heartbeat

Count your pulse sitting still, after jumping jacks and after a rest, then explain what changed.



Name: _____ **Date:** _____

Find your pulse: press two fingers on the inside of your wrist, just under your thumb, or on the side of your neck. Each bump is one heartbeat. Count the beats for 15 seconds, then multiply by 4.

I predict my heart will beat fastest after _____

What I did	Beats in 15 seconds	× 4 = beats per minute
Sitting still		
10 jumping jacks		
1 minute of running in place		
Resting for 2 minutes after		

Conclusion: when did your heart beat fastest? Why do you think your heart speeds up when you move?

_____

_____

_____

Art © Kevin Coulston