



A fun activity to explore heartbeats.

Guide bubble

Why

To explore heartbeats and practise staying still and quiet

Where

At home

When

Before a heart check-up

Time

10+ mins

Try these fun ways to explore your heartbeat and someone else's!



Equipment you will need:



A cardboard tube



A stopwatch

Feel the beat

1. Lie down somewhere comfortable.
2. Stay still and quiet.



3. Put your hand on your chest, a little to the left.

4. Can you feel your heart beating?
Can you feel it beat 10 times?

5. Ask your adult if you can feel their heartbeat. Is it faster, slower, or the same as yours?



Top tip!

Practise staying still and quiet by thinking of your favourite place or something fun to do after. Check out our app to explore more relaxation activities!

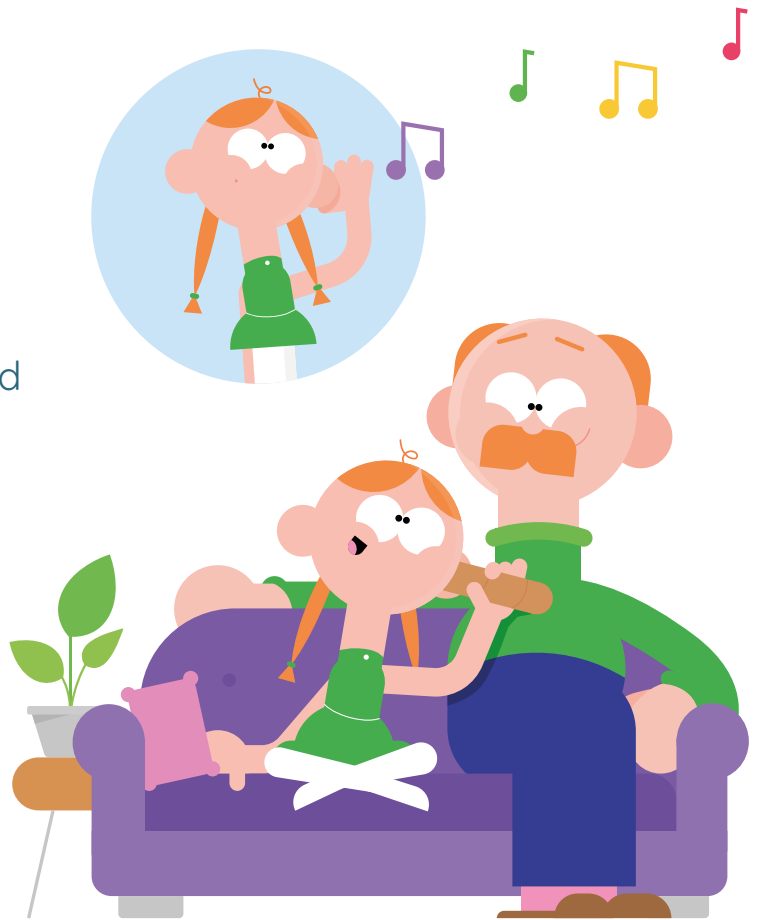


Your heart beats to pump blood around your body. It beats faster when you move around to get blood to your muscles. Let's try it!

- ☐ Sit still and feel your heartbeat.
- ☐ Move around for 2 minutes.
- ☐ Feel your heartbeat again.
Is it faster or slower?

Hear the beat

1. Ask your adult if you can listen to their heartbeat.
2. Put one end of a cardboard tube on their chest.
3. Put your ear on the other end of the tube. Can you hear their heart beating?
4. Start your stopwatch! Count how many beats you hear in 30 seconds.



When you listen, can you tap out the beat?

Did you know?

A blue whale's heart weighs as much as a small car. It only beats 8 to 10 times a minute.



A mouse's heart beats 500 to 700 times a minute!



The heart pumps blood to every part of your body, even your eyes!