



A playful activity to boost readiness for an ECG.

# Guide bubble

**Why**

Explore what happens during an ECG

**Where**

At home

**When**

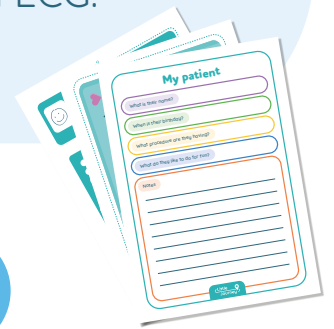
Before your visit

**Time**

15+ mins



An ECG is a quick way to check how fast or slow a heart is beating. For this activity, pretend you need to give a patient an ECG. Check out our printable extras!



## Equipment you will need:



A soft toy or doll  
(this will be your patient!)



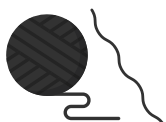
A cereal box or  
cardboard box



10 stickers



A pen



10 long pieces of  
wool or string



Sticky tape



A stopwatch

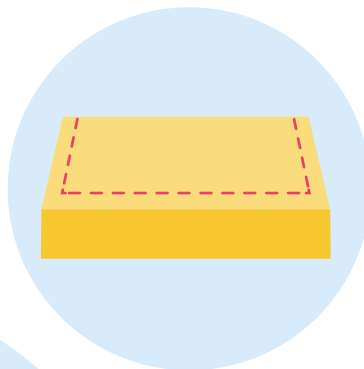
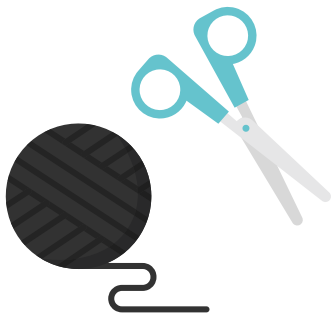
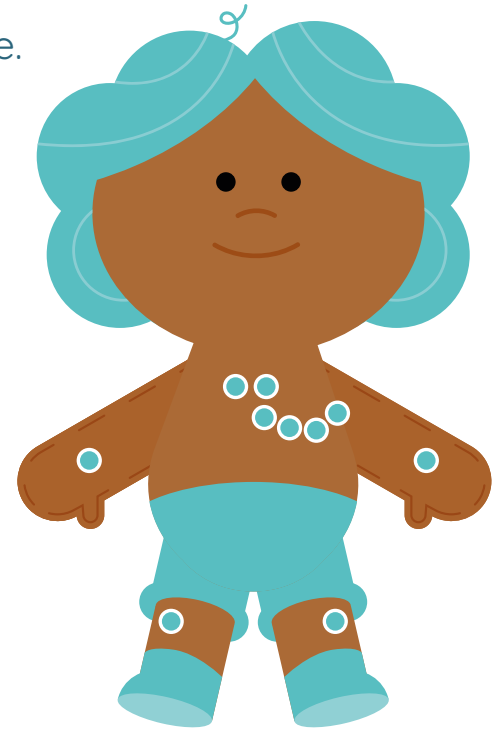


Scissors

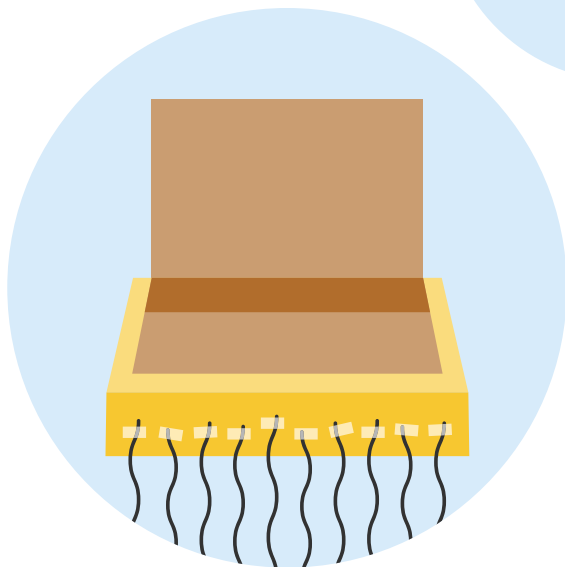
1. Lay your patient somewhere comfortable.

2. Time to put the stickers on your patient! These will be your ECG sticky dots.

- ☐ 1 sticker on each arm
- ☐ 1 sticker on each leg
- ☐ 6 stickers on their chest

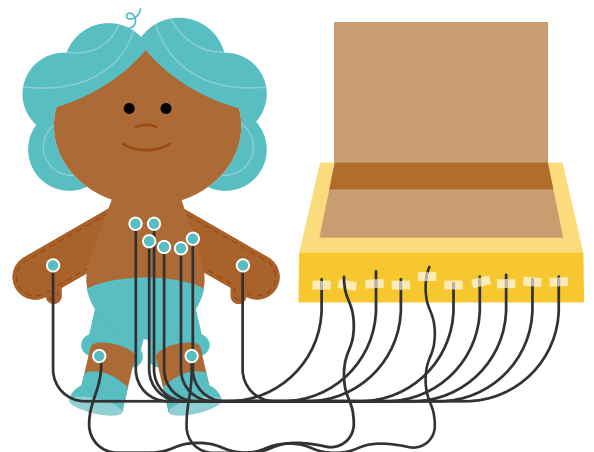


3. The box will be your ECG machine. Cut out a flap on one side to make a screen.



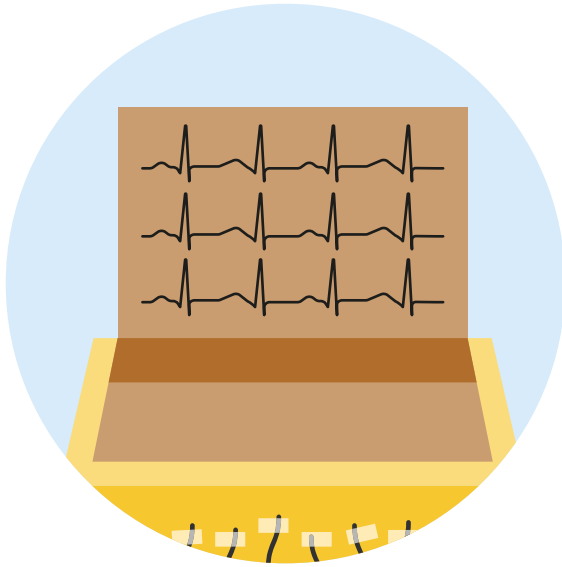
4. Use some tape to stick one end of each string to the side of the box. The strings will be your ECG wires.

5. Stick the other end of each string to the stickers on your patient's arms, legs, and chest.

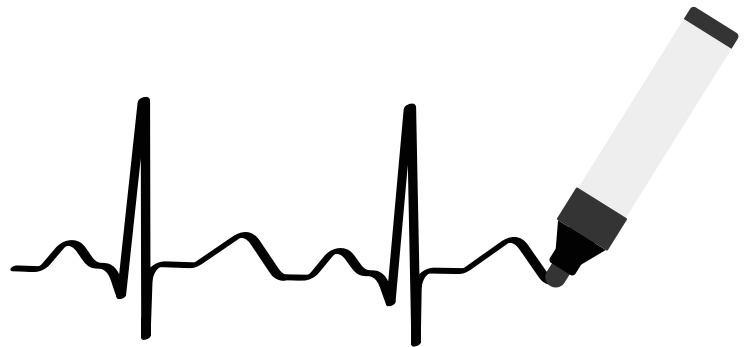


6. Now you're ready to start the ECG. Ask your patient to stay still and quiet for 20 seconds.

Ssshh!



7. Draw wiggly lines on the flap of your box. These show your patient's heartbeat.



8. The ECG is finished! Time to take off the stickers. Ask your patient if they would like to help you.



You might like to give your patient a reward after. Check out the certificates on our website!

