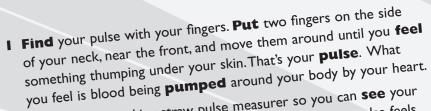


See your pulse!

What You Need

- clay
- clock or stopwatch
- straw
- · mirror or friend

Drinking Straw | Pulse Measurer |



- 2 Now make a drinking straw pulse measurer so you can **see** your pulse. **Put** a piece of clay over your neck where your pulse feels the strongest.
- **9 Push** a straw into the clay so that the straw sticks straight out from your neck.
- 4 Look in a mirror and **count** how many times the straw moves in 15 seconds. (Or have a friend count for you.)
- **S Record** this number on the chart on the back of this sheet.

 Multiply by four to find your pulse rate—the number of times your heart beats per minute.
- 6 Do you think your pulse will change after **exercise**? Do 25 jumping jacks and measure your pulse again. **Record** your results on the chart.



Now it's time to

experiment. What
happens if you take your
pulse after lying on the
floor? Do you think older
people will have a faster
or slower pulse? Choose
one thing to change
(that's the variable) and
predict what you think
will happen. Then test it
and send your results to
ZOOM at

pbskids.org/zoom

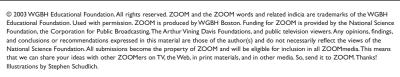
Sent in by Sara C. of Schenectady, NY and Uriah B. of Reading, OH















Heart Rate for Different Activites

Activity	Number of beats in 15 seconds		Number of beats per minute
Standing		x 4	
After 25 jumping jacks		x 4	
After lying on the floor		x 4	
		x 4	
		x 4	

Science Scoop

change after you did jumping jacks? When you exercise, your heart pumps faster, so the blood can bring more oxygen to your muscles. How did older people's pulses compare to your own? Children tend to have faster heart rates than adults.

Visit the ZOOM Web Site!

- Keep experimenting with your body by trying Reaction Time and Peripheral Vision at pbskids.org/zoom
- Send an idea for a new science activity about the human body to ZOOM at pbskids.org/zoom