

# “In the Human Body”

## Module 15, Warm-Up

The logo for "EXPLORE IT" is enclosed in a black rectangular border. The word "EXPLORE" is in a bold, sans-serif font, with the letter "O" highlighted in green and the letter "R" highlighted in purple. The word "IT" is in a smaller, regular sans-serif font.

### Prompt:

Explore how exercising can affect your heart rate and breathing.

### Materials:

- Pencil
- Water to drink
- Open floor space to exercise
- Clock, timer, or stopwatch
- Explorer Notebook or a piece of paper

### Instructions:

1. In your Explorer Notebooks or on a piece of paper, make a prediction (or hypothesis) on what will happen to your heart rate when you do jumping jacks.
2. Next, close your eyes, focus on breathing normally, and relaxing your mind and body, do this for at least two minutes.
3. Open your eyes and measure your heart rate by taking your pulse. To take your pulse on your wrist or neck, follow these steps:
  - a. Turn your left hand so that the palm faces up.
  - b. Now with your right hand, use your middle and index finger to trace a line from the base of the thumb on your left hand, up toward your arm.
  - c. Stay along the outer part of your wrist. When your fingers have just passed over your wrist bones, press down gently until you feel your heartbeat - the pulse.
  - d. If you are unable to find your pulse on your wrist, try finding your pulse on the side of your neck instead.



- e. Record how many beats you count in your pulse in one minute - you can either watch a clock for a minute while counting, or use a timer. This is your heart rate.
- f. Next- do five sets of twenty jumping jacks! Between each set of twenty jumping jacks, count to ten seconds.
- g. After you are done with all the jumping jacks, take your pulse again and record it in your Explorer Notebooks or on your paper. What do you notice?

### **Extensions:**

The following are optional steps you can take if you want to extend this adventure:

1. To learn more about heart beats in the human body, here's another Boston Children's Museum activity:  
<https://www.beyondthechalkboard.org/activity/listen-to-your-heart/>
2. Go to the "In the Human Body" topic on Flipgrid and share what you observed!

## Explorer Notebook

You can use this to help you set up your Explorer Notebook!

### Checking Your Pulse Module 15, Warm-Up

My prediction: How will my heart rate be affected by exercise?

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Heart rate before exercise:

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Heart rate after exercise:

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