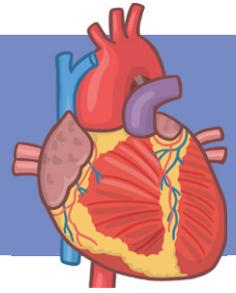


# My Heart

## Science Experiment



### Method

1. Sit in the book corner quietly, then put your hand on your chest and listen carefully to your heart.
2. Start the timer and count how many heartbeats you feel in 20 seconds.
3. Walk slowly around a room, or in an outside area.
4. Stand still and start the timer and count how many heartbeats you feel in 20 seconds.
5. Stand still and start the timer and jog for 1 minute in an outside area.
6. Stand still and start the timer and count how many heartbeats you feel in 20 seconds.

### You will need:

Timer

We hope you find the information on our website and resources useful. The activities set out in this resource are potentially hazardous. The activities are not suitable for all children and adult supervision may be required for some of the activities. It is your responsibility to assess whether the children in your care are able to safely carry out the activities and whether the children require adult supervision. You are responsible for carrying out proper risk assessments on the activities and for ensuring that activities can be carried out safely. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking the activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are fit enough to do so and that you or the organisation you are organising for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional.

