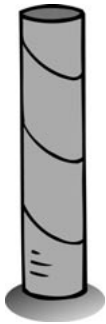


# Counting Your Heartbeats

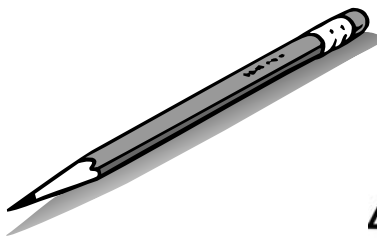
## WHAT YOU NEED



cardboard tube



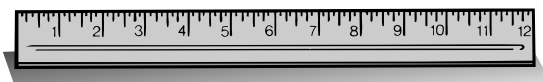
stopwatch or clock with second hand



pencil



paper



ruler

### Find Out

Do this activity to see if everyone's heart always beats the same way.

### Process Skills

**Predicting**

**Using Numbers**

**Observing**

**Communicating**

**Inferring**

**Interpreting Data**

### Time

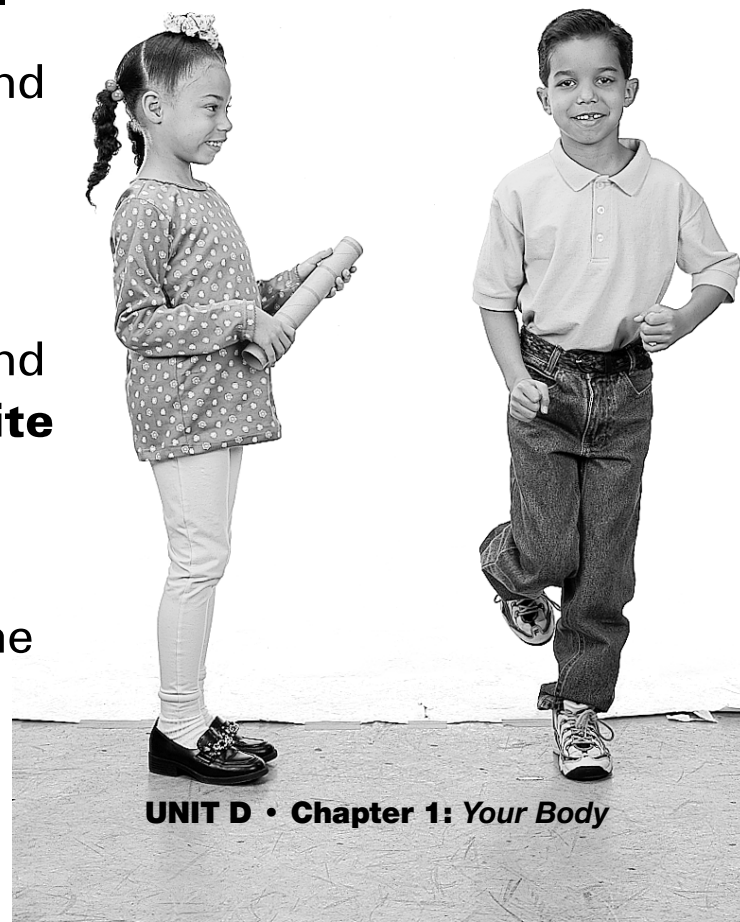
- 20 minutes a day for two weeks

# WHAT TO DO



- 1. Predict** how many times a heart beats in one minute.
- 2.** Have a classmate sit in a chair facing you. Gently place one end of the tube against your classmate's chest. Put your ear on the other end of the tube. Move the tube around until you hear a heartbeat. Listen to the heartbeat. **Count** the number of beats you hear in one minute. **Write** the number of beats you counted.

- 3.** Have your classmate stand facing you. **Count** and **write** the number of beats you hear in one minute.
- 4.** Have your classmate jump up and down five times. **Count** and **write** the number of beats you hear in one minute.
- 5.** Have your classmate jump up and down ten times. **Count** and **write** the number of beats you hear in one minute.
- 6.** Repeat the activity with the same classmate for ten days.



Name of partner: \_\_\_\_\_

<b>Date</b>	<b>Sitting</b>	<b>Standing</b>	<b>5 Jumps</b>	<b>10 Jumps</b>

# Conclusions

1. How was the number of heartbeats different for each activity?

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2. Was the number of heartbeats the same each day for each test?

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# New Questions

1. What do you think you would find if you counted the number of heartbeats on a person who was sleeping?

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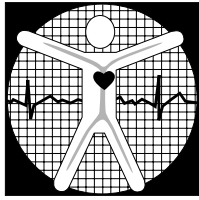
2. Write a question you still have about the heart.

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Name \_\_\_\_\_



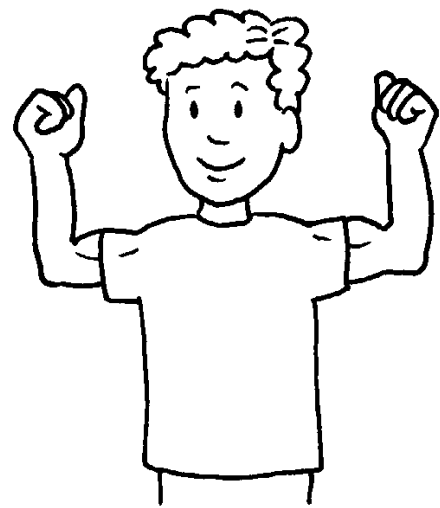
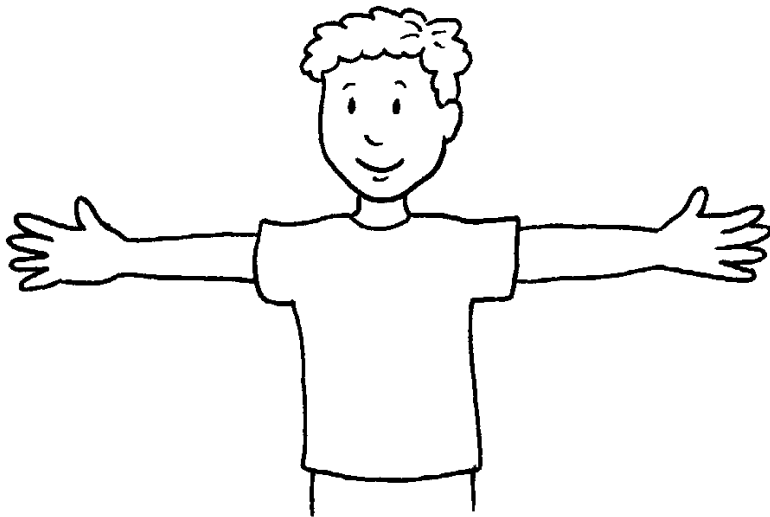
# ACTIVITY

## Moving Muscles

Bend your arm.

What happens to the muscles of your upper arm?

Circle the picture that shows what happens.



**Activity Journal**

**Lesson 1 • Bones, Muscles, and the Brain**

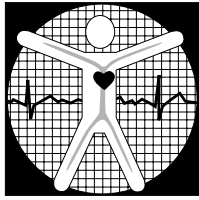
Name \_\_\_\_\_

Try to make this face.

Color in the places where you **feel**  
your muscles moving.



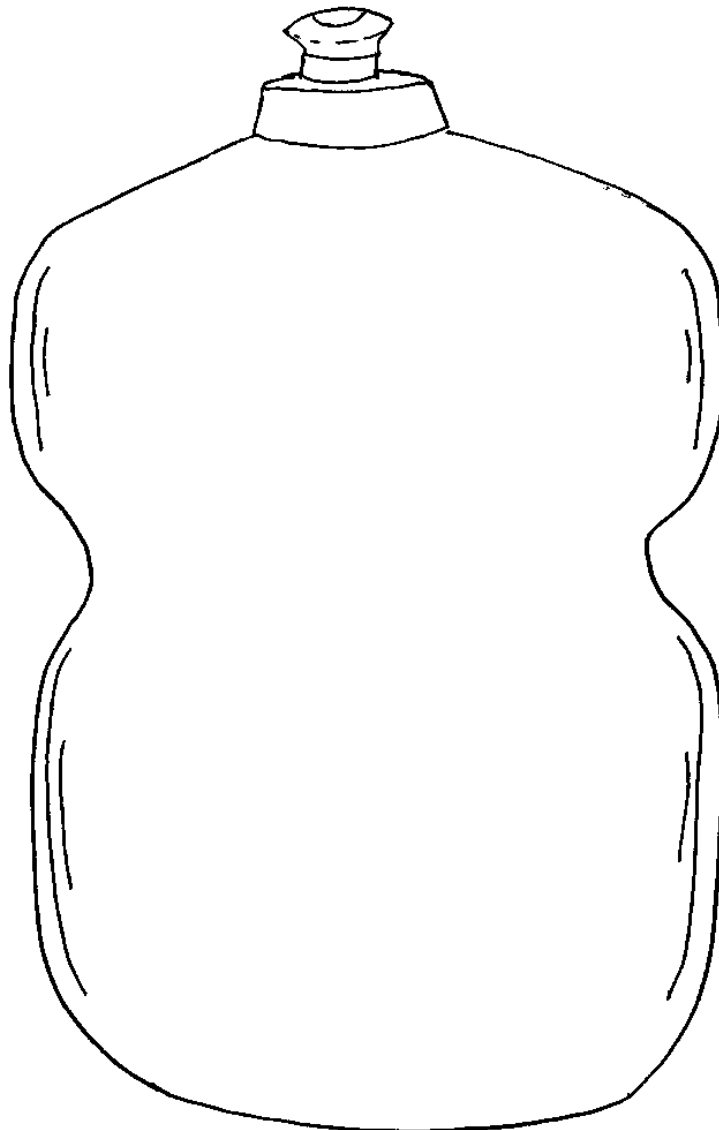
Name \_\_\_\_\_



# ACTIVITY

## Watching Lung Power

**Draw** the balloon in the bottle. **Show** how it looks as you squeeze the bottle.



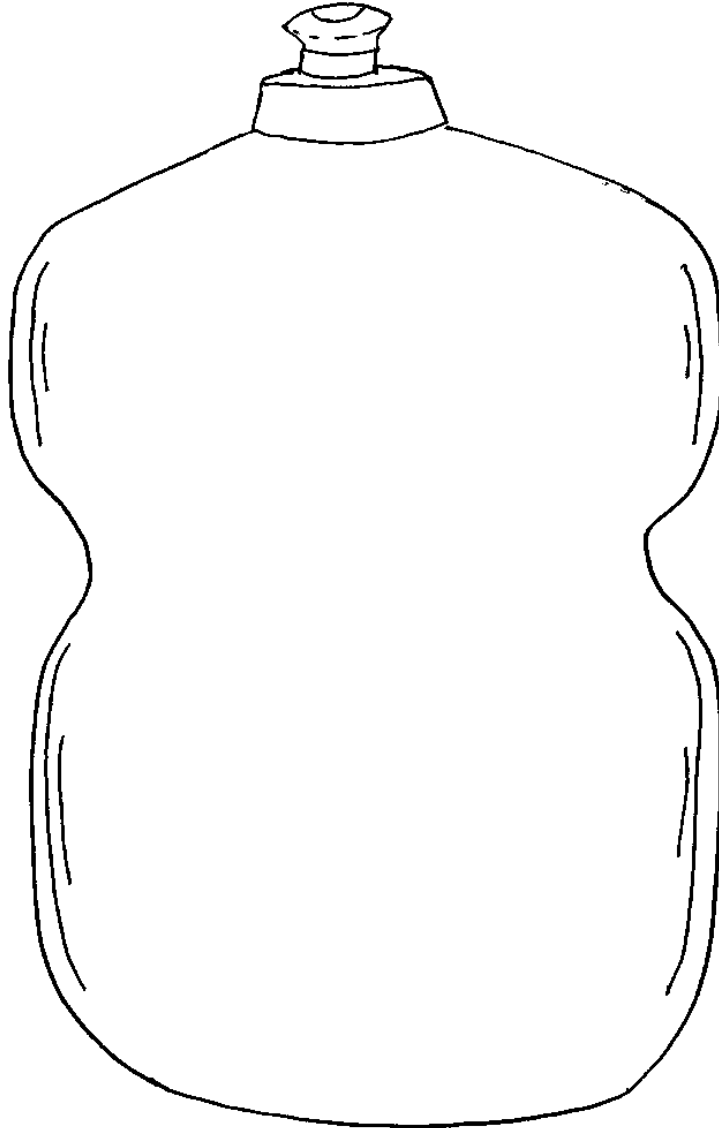
**Activity Journal**

**Lesson 2 • The Heart, Lungs, and Stomach**

Name \_\_\_\_\_

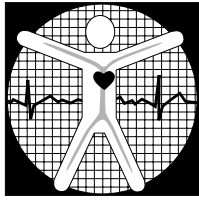
**Draw** the balloon in the bottle.

Show how it looks when you stop squeezing the bottle.





Name \_\_\_\_\_



# ACTIVITY

## Different Tastes

What is your favorite fruit?

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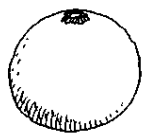
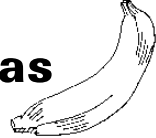
**Draw** your favorite fruit.

**Activity Journal**

**Lesson 3 • Each of You Is Different**

Name \_\_\_\_\_

Which fruit do other students like best?  
Make a class graph.

<b>Apples</b> 	<b>Oranges</b> 	<b>Bananas</b> 

Our class favorite fruit is: \_\_\_\_\_