

The heart: feeling your pulse

living-things

What you need: Investigation Journal page · stopwatch · clear floor space for star-jumps or marching on the spot

Words to use

Pulse · Heart · Resting pulse · Healthy heart habits

Our question

Can I find my own pulse?

I predict...because...

Our pulse counts

When we counted	Beats counted

What we found out

Did you find a throb under your fingers?

