



SCIENCE EXPERIMENT

Let's discover!

A-Z



HOW TO PLAY LETS FEEL YOUR HEARTBEAT!



- > Sit quietly on a chair
- > Now feel your heart beating (your pulse) by placing your finger on your wrist just below the bottom of your thumb or putting your hand on your chest
- > Count how many times your heart beats in 10 seconds
- > Now get up and shake up your body for 5 minutes
- > You can run around, do star jumps, hop on one leg, skip around the house, climb the stairs 5 times or make up your own exercises!
- > Now stop, sit down and count how many times your heart beats in 10 seconds
- > What has happened? Can you explain why your body has changed?
- > What else do you notice has happened to your body? How did it make you feel?

SUITABLE FOR: Ages 9-14

TAKES: 20-30 minutes



YOU WILL NEED:

- > A timer, stopwatch or phone timer



SAFETY...

Make sure you have enough space to move safely around the house



REMEMBER

Your body is amazing!
What do you notice happening in your body if you shake it up?



Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



CHALLENGE!

You could ask other children or adults in your family to time this activity for you!



JUMP@HOME



For more fun activities visit:
JUMPATHOME.ORG

