

Amaze Your Brain *at Home!*

EXPERIMENTS

BEST FOR
Grades
3+

WHAT'S MY RATE?

Your heart is a very hard worker, beating several thousand times every hour of every day! In addition to eating a balanced diet, you can also keep your heart healthy through activities like exercising and meditation. Try doing some of these activities to see how they affect your heart rate!

MATERIALS

- Printed table or scrap paper
- Pen or pencil
- Clock or timer

DETERMINE YOUR RESTING HEART RATE

Use your pointer and middle fingers of one hand to find your pulse on the opposite wrist, just below the base of your thumb. You can also find your pulse on the side of your neck, below your jaw. Gently press down and count how many pulses you feel in 15 seconds. Multiply this number by 4 to calculate your heart rate in beats per minute.



MY RESTING HEART RATE

Number of Pulses in 15 seconds	Heart Rate (beats per minute)

CONTINUED ON NEXT PAGE

Amaze Your Brain *at Home!*

EXPERIMENTS

BEST FOR
Grades
3+

WHAT'S MY RATE? (CONT.)

HOW DOES EXERCISING AFFECT YOUR HEART RATE?

1. Perform an exercise like doing jumping jacks for 1 minute.
2. As soon as you are done, count how many times your heart beats for 15 seconds. Multiply this number by 4 and record your heart rate in the table.
3. Determine your heart rate again 1 minute later, 3 minutes later, and 5 minutes later. What do you notice about your results? What other exercises can you try?



HOW DOES MEDITATING AFFECT YOUR HEART RATE?

1. Try meditating for 1 minute. Choose a comfortable seated position, close your eyes, and focus on breathing in and out.
2. As soon as you are done meditating, count how many times your heart beats for 15 seconds. Multiply this number by 4 and record your heart rate in the table.
3. Determine your heart rate again 1 minute later, 3 minutes later, and 5 minutes later. What do you notice about your results? What other relaxing activities can you try?



CONTINUED ON NEXT PAGE

Amaze Your Brain *at Home!*

EXPERIMENTS

BEST FOR
Grades
3+

WHAT'S MY RATE? (CONT.)

Repeat the process for other activities. How do you think doing each activity will affect your heart rate?

RESULTS AND OBSERVATIONS

ACTIVITY	Heart Rate (beats per minute)			
	Right After Activity	1 Minute Later	3 Minutes Later	5 Minutes Later
Jumping Jacks				
Meditating				

Do you notice any patterns in your results?

Which activity changed your heart rate the most?

TRY THIS!

Encourage a friend or family member to test their heart rate doing the same activities. How do their results compare to yours? Do you notice any differences between people of different ages?



Tag us @perotmuseum on social media to show us how you Amaze your Brain!

PerotMuseum.org

Per[**]**
Museum of Nature and Science