



See your pulse!

What You Need

- clay
- clock or stopwatch
- straw
- mirror or friend

Drinking Straw Pulse Measurer



- 1 Find** your pulse with your fingers. **Put** two fingers on the side of your neck, near the front, and move them around until you **feel** something thumping under your skin. That's your **pulse**. What you feel is blood being **pumped** around your body by your heart.
- Now make a drinking straw pulse measurer so you can **see** your pulse. **Put** a piece of clay over your neck where your pulse feels the strongest.
- Push** a straw into the clay so that the straw sticks straight out from your neck.
- Look in a mirror and **count** how many times the straw moves in 15 seconds. (Or have a friend count for you.)
- Record** this number on the chart on the back of this sheet. **Multiply** by four to find your pulse rate—the number of times your heart beats per minute.
- Do you think your pulse will change after **exercise**? Do 25 jumping jacks and measure your pulse again. **Record** your results on the chart.



Now it's time to **experiment**. What happens if you take your pulse after **lying** on the floor? Do you think **older** people will have a faster or slower pulse? Choose **one thing** to change (that's the variable) and **predict** what you think will happen. Then **test it** and **send** your results to ZOOM at pbskids.org/zoom

Sent in by Sara C. of Schenectady, NY and Uriah B. of Reading, OH



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Illustrations by Stephen Schudlich.

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Drinking Straw Pulse Measurer

Heart Rate for Different Activities

Activity	Number of beats in 15 seconds		Number of beats per minute
Standing		x 4	
After 25 jumping jacks		x 4	
After lying on the floor		x 4	
		x 4	
		x 4	



Visit the ZOOM Web Site!

- Keep experimenting with your body by trying **Reaction Time** and **Peripheral Vision** at pbskids.org/zoom
- Send an idea for a new science activity about the human body to ZOOM at pbskids.org/zoom

Science Scoop

How did your pulse **change** after you did jumping jacks? When you exercise, your heart pumps faster, so the blood can bring more oxygen to your muscles. How did older people's pulses **compare** to your own? Children tend to have **faster** heart rates than adults.

