

Be a Pulse Detective

Time: 20 minutes

You need

- ☐ A clock or phone timer
- ☐ Paper and pencil
- ☐ A helper (optional)

Steps

- 1** Sit quietly for 2 minutes.
- 2** Find your pulse on your wrist with two fingers (not your thumb).
- 3** Count the beats for 30 seconds, then double the number.
- 4** Jump on the spot for 1 minute, then count again the same way.
- 5** Write both numbers in a small table: Resting and After jumping.

Safety: If you feel dizzy, sit down and rest.

Before you start: what do I think will happen?

My observations

Table 1. My pulse readings

When	Beats in 30 seconds	Beats in 1 minute (x 2)	How I felt
Resting (sitting still)			
After jumping for 1 minute			

Think about it

Why did the number change?

What other clues might a doctor look for to understand how someone feels?

Draw or stick your work here



Name: _____ Date: _____

Jobspark · Ask a grown-up to help whenever you need.