

## Keeping healthy

### 16. Are everybody's pulse rates the same?

*You will need: stopwatches.*

- ◆ Show the children how to find their pulse in their wrist.
- ◆ Divide the class into pairs. Ask the pairs to time each other's pulses for a minute. How many beats can they count in a minute?
- ◆ Now ask them to time for 15 seconds and multiply by four to get their average pulse rate.
- ◆ Are their pulse rates the same?

