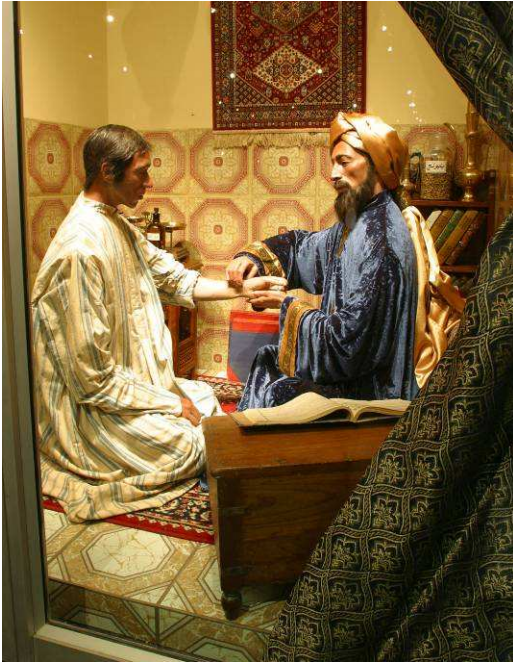


PULSE



We are all aware that we have a pulse and when we sit quietly or relax it is slower than when we are on the move.

A pulse shows us how quickly our heart is working to circulate blood throughout our bodies.

Did you know that 300 years ago people did not know this!

FOR YOU TO DO:

Sit down quietly. Place your index and middle fingers gently on the inside of your wrist below the thumb. You should be able to feel a jumping movement in your wrist.

Get your partner to time you for 60 seconds. In this time count how many jumps you feel. Record this.

Now stand up and do star jumps while your partner times you for 60 seconds. As soon as you finish begin measuring the wrist jumps again for 60 seconds.

Has anything changed?

What do you think has happened?

Now sit down quietly and place your fingers on your wrist again. You should feel the jumps beginning to slow down as you relax.

Did you notice any difference?