

## Learn To Take Your Pulse

### Your heart

Your heart is very special. It is an organ that pumps blood all around your body. It works all the time, even when you are asleep. Did you know your heart beats 100,000 times a day?

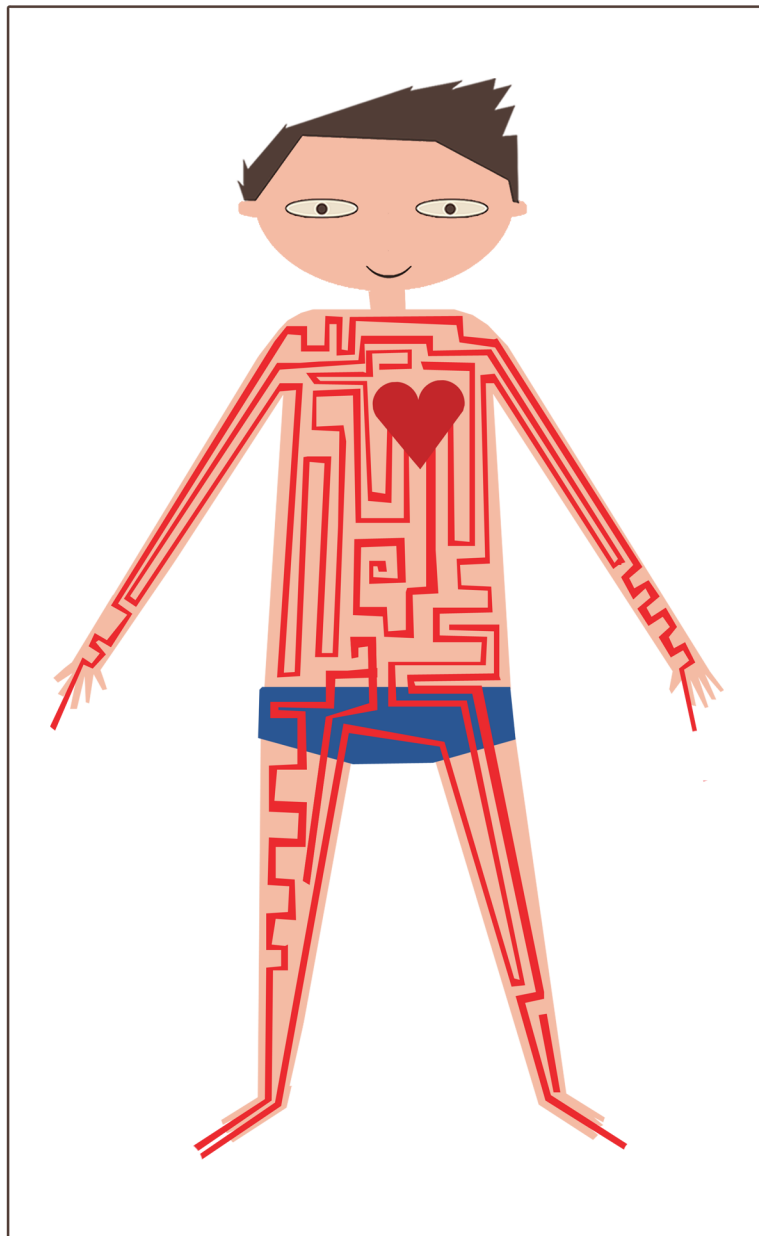
### Your heart rate

Your heart rate is the number of times your heart beats each minute.

It changes depending on what you are doing. If you are watching TV or lying down your heart rate will be slower. If you are running around and playing or you get excited, your heart rate will be faster.

### Puzzle Maze

Find the vein that goes to the heart.



My Heart rate is:  
.....  
Beats per minute (BPM)

My friends  
Heart rate is:  
.....  
Beats per minute (BPM)

**Try counting your heart rate now:**

- You will need a watch or a clock with a big hand, a little hand and a hand that counts the seconds.

- Sit down quietly for about 5 minutes.

- Hold out one of your hands in front of you, with your palm facing up towards the sky. Now bend your elbow a little bit.

- With your other hand, place three fingers on your wrist below your thumb. Move your fingers around that area until you can feel your heart beat. Make sure you concentrate! Look at the picture to check you are getting it right.



- Now, for the next minute count how many times you can feel your heart beat. Write down the number of times your heart beats in the red box at the top of the page. This is your heart rate.

- See if you can feel your friend's heart beat. How many times does it beat in a minute? Write it in the blue box.

For further information contact The Heart Rhythm Charity

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