



The Beat Goes On

Materials

- 1 Toothpick
- 1 ball of clay

Instructions

- Split the children into groups of 2 or 3.
- Have the groups form the clay into a small ball.
- Gently flatten one side of the ball on the table.
- Insert a toothpick into the top of the ball of clay. This will be the heartbeat measure device.
- Have the students help each other measure their heart beats. One student can count to 60 while the other counts the number of times the heart measure device moves back and forth.
- Next have the students do jumping jacks and repeat the heart beat measure.
- Have them compare the two different heart beats and see what it different. Then have them compare their heart beat with other groups to see if they can find any patterns.