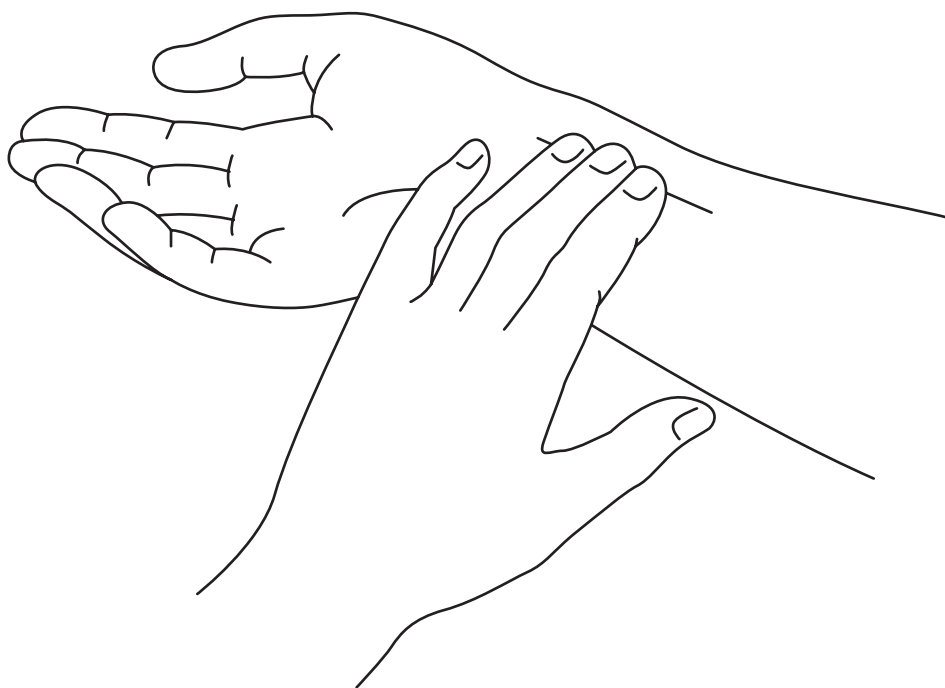


Find your pulse

Your pulse is a measure of your heart beat.

- (1) Turn your right hand over so that your palm is facing up.
- (2) Turn your left hand so that the palm faces downwards, lower your thumb and bring your left hand towards your right hand.
- (3) Put your left thumb below the right wrist and bring down two or three fingers of your left hand on your right wrist.



- (4) Bring the fingers to the right of centre of the wrist and push the tips gently into your skin.
- (5) Feel around the skin for the pulse.
- (6) Describe your pulse.



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Equipment

None is needed for the activity on the sheet but you may like to extend the work and let the students try timing their pulse once they have found it. Stop clocks will be needed for this.

Introducing the work

After the students have studied the heart cycle on page 21 and read about the heart beat, ask how many of them can take their pulse. You may find that even those who think they can take their pulse may use their thumb instead of their fingers. This gives you an opportunity to hand out the sheet. Members of the class will vary widely in their ability to find their pulse. This sheet allows the class to show how they can follow instructions and also helps you by providing instructions while you work with those class members who are having difficulty finding their pulse.

Outcomes

The children:

- Can follow instructions.
- Can make an accurate description from their observations.

Background

The thumb should not be used for finding a pulse as it has a pulse itself.

Extending the work

Those class members who have been successful at finding the pulse in their right wrist should be asked to find it in their left wrist. A pulse can be found under the lower jaw by pushing two fingers of the right hand into the flesh under the right-side of the jaw, next to your throat.

You may also let those who have successfully found their pulse practice timing their pulse.