

# Healthy Hearts

## Listen To Your Heart Thump

### Science Activity

Bring in a stethoscope. Let each child listen to their heart. Show them where they can feel their pulse.



A great video to watch on finding your pulse can be found below. Please view the video before you show the children due to the advertisement before the video.

[http://www.youtube.com/watch?v=W5K\\_HR6hxMY&feature=youtu.be&t=3s](http://www.youtube.com/watch?v=W5K_HR6hxMY&feature=youtu.be&t=3s)