



## The Heartbeat Drum

### Visiting the Children's Museum

#### ***Before Your Visit:***

Do you know how many times your heart beats in one minute? Does your heart rate go up after exercising? See the Heartbeat Drum: Heart Rate Chart.

#### ***During Your Visit:***

The student may visit our Heartbeat Drum exhibit in the second floor and count their heart beats using the clock. Children may compare their results with another student measuring their heart rate on the other side. After running in place, they may take their heart rate again and see if it's higher or lower.

#### ***Post Museum Activity:***

The teacher may discuss with her students how to keep their heart healthy through nutrition and exercise. Attached is Heartbeat Drum: Heart Health Word Search

#### ***Activity Sheets:***

Heartbeat Drum: Heart Health Color Sheet  
Heartbeat Drum: Heart Rate Chart  
Heartbeat Drum: Heart Health Word Search