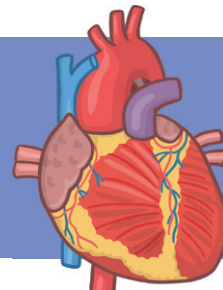


# My Heart

## Science Experiment



### Method

1. Sit in the book corner quietly, then put your hand on your chest and listen carefully to your heart.
2. Start the timer and count how many heartbeats you feel in 20 seconds.
3. Walk slowly around a room, or in an outside area.
4. Stand still and start the timer and count how many heartbeats you feel in 20 seconds.
5. Stand still and start the timer and jog for 1 minute in an outside area.
6. Stand still and start the timer and count how many heartbeats you feel in 20 seconds.

### You will need:

Timer

