Name: _____ Date: _____

Find Your Heartbeat

Circle group

You can feel your heart work. Hold out a hand with the palm up. Put two fingers of the other hand on your wrist, below the thumb.

Press softly. Wait. Do you feel a tap, tap, tap? That is your pulse. Each tap is a push of blood from your heart.

Now jump ten times. Check your wrist. The taps are faster. Your heart works hard when you play.

Questions

1. Where do you put two fingers to feel your pulse?

_____

_____

2. What is each tap?

_____

_____

3. What do you do to make the taps faster?

_____

_____

4. How do you press on your wrist?

_____

_____

5. Why does your heart work hard when you run?

_____

_____

Words to know

pulse: the tap you feel each time your heart pushes blood
wrist: the part of your arm where it meets your hand
palm: the flat inside part of your hand
blood: the red liquid that moves through your body

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Find Your Heartbeat

Triangle group

You can feel your heart at work. Here is how. Hold out one hand with the palm up. Rest two fingers of your other hand on your wrist, just below the thumb.

Press softly and wait. Do you feel a tiny tap, tap, tap? That is your pulse. Each tap is a push of blood from your heart.

Now jump up and down ten times. Check your wrist again. The taps are faster now. Your heart works harder when you run and play.

Questions

1. Where do you rest two fingers to feel your pulse?

_____

_____

2. What does each tap come from?

_____

_____

3. What do you do to make the taps faster?

_____

_____

4. How should you press on your wrist?

_____

_____

5. Why does your heart work harder when you run?

_____

_____

Words to know

pulse: the tap you feel each time your heart pushes blood
wrist: the part of your arm where it meets your hand
palm: the flat inside part of your hand
blood: the red liquid that moves through your body

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Find Your Heartbeat

Square group

You are able to feel your own heart at work, and it is easy to try. Hold out one hand with the palm facing up. Then rest two fingers of your other hand on your wrist, just below the base of your thumb.

Press gently and wait a moment. Can you feel a tiny tap, tap, tap? That is your pulse. Every tap comes from a push of blood as it leaves your heart.

Next, jump up and down ten times and check your wrist again. The taps are much faster now, because your heart works harder when you run and play.

Questions

1. Where do you rest two fingers to feel your pulse?

_____

_____

2. What causes each tap you feel?

_____

_____

3. What can you do to make the taps faster?

_____

_____

4. How should you press on your wrist?

_____

_____

5. Why does your heart work harder when you run and play?

_____

_____

Words to know

pulse: the tap you feel each time your heart pushes blood
wrist: the part of your arm where it meets your hand
palm: the flat inside part of your hand

blood: the red liquid that moves through your body

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Find Your Heartbeat

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Find Your Heartbeat

Easier · 69 words · Flesch-Kincaid grade -0.7

1. On your wrist, below the thumb.
2. A push of blood from your heart.
3. Jump up and down.
4. Softly.
5. Your body needs more blood when it moves.

Triangle: Find Your Heartbeat

This passage · 83 words · Flesch-Kincaid grade 0

1. On your wrist, below the thumb.
2. A push of blood from your heart.
3. Jump up and down.
4. Softly.
5. Your body needs more blood when it moves a lot.

Square: Find Your Heartbeat

Harder · 102 words · Flesch-Kincaid grade 2.4

1. On your wrist, just below the base of your thumb.
2. A push of blood as it leaves your heart.
3. Jump up and down ten times.
4. Gently.
5. Your body needs more blood when it moves a lot.