



Do you have questions? Write to:
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In these times we would like to share with you some investigative ideas from our 10 years of experience as researchers with the "House of Little Explorers". What about doing some experiments TOGETHER as a family and collecting all your knowledge in a research diary!

Today is about your heartbeat!

You will need:

- a clock with a second counter
- your school bag or a backpack
- paper and pens

Can you feel your heart beating?

How many times does your heart beat in 15 seconds when ...

- 💡 you are sitting?
- 💡 you just ran very fast?
- 💡 you carried something heavy (your school bag or a backpack) while running?

Write down the results!

- 💡 How long does it take until your heart beats normally again?



Dear parents:

Many children have already noticed that they can feel their heartbeat particularly strongly after a great physical effort. The girls and boys can use this exercise to understand, expand and systematize this experience. When the heart beats, it pumps oxygen and glucose to the muscles from which the muscle cells derive their energy. The more the muscles have to work, the more energy they need. Therefore the heart has to beat much faster during physical activity than when one is at rest. Children have a resting heart rate of around 90-100 and adults around 70-80 beats per minute.