THE SAGE DAD

SMALL ADVENTURES. TIME TOGETHER.

Heartbeat Count

SD-B082 / EXPLORERS · AGES 4–6

Feel a pulse before and after ten jumps and mark what changed.

YOU NEED: Pencil; a timer or a grown-up watching a clock

MEET	Put two fingers gently on your wrist, or a hand on your chest. Feel the beat.
WATCH	Sit still and count beats for 15 seconds. Write the number.
TRY	Jump ten times, then count for 15 seconds again.
CELEBRATE	Did the beat change? Rest and count once more.

MY HEARTBEAT

	Beats in 15 seconds
Sitting still	
After jumping	
After resting	

It was faster when

My heart beat faster when

Draw my heart

GROWN-UP GUIDE: A grown-up keeps time and says go and stop. Counting beats is tricky, so accept estimates. Ask what changed between sitting and jumping and why bodies might need that. If a child has a heart or breathing condition, skip the jumping and ask their doctor first.