

Drinking Straw Pulse Measurer!



Can you find your pulse? It can be hard sometime to find. Here is an experiment to help you find your pulse and make it easier to count!

Materials



- 1 straw per person
- 1 square in of clay per person
- Paper and pens for recording results
- A stopwatch or watch with second hand

Experiment



- Can you change the number of beats your heart makes in a minute?
- What can you do to make your heart beat faster? Slower?

Science



The pulse you feel is your heart pushing blood through your body. Blood carries oxygen and nutrients to your cells and removes waste from those cells. Your heart beats every second of everyday of your life! When your muscles are working hard they need more oxygen so your heart beats faster. That is what makes your pulse increase. When you are resting your muscles need less oxygen so your heart does not need to work as hard and your pulse decreases.

Find more experiments like this one and others check out the many STEM kits GSWEST has to offer!!

Directions



- Try finding your pulse . Your pulse can be found in several locations but the neck maybe the easiest one to find. Put 2 fingers on the side of your neck and move it around, pressing slightly, until you feel a beating against your fingers. That is your pulse!
- Once you have found your pulse you can make the drinking straw pulse measurer to help you count your pulse.
- First, roll the clay into a ball then flatten the ball slightly.
- Place the clay on the pulse you found on your neck.
- Now push the drinking straw into the clay so the straw sticks straight out.
- To find your pulse rate, count the number of times the straw rises and falls in 15 seconds.
- Multiply that number by 4 to know how many times your heart beats in a minute.

