

Warm Your Heart Dance

Traditional dancing is an important part of Indigenous culture and can get our heart beating! The drum can symbolize the beating of the heart and helps us listen to our heartbeat.

Your pulse is a pathway to your heart. By counting the number of beats, you can tell how fast your heart rate is. You can tell if your pulse is steady or uneven.

Find your pulse in your wrist or neck. Count the number of beats in 15 seconds.

★ Pulse at start:

Number of beats in 15 seconds: _____

Multiply by 4 to find the number of beats in one minute: _____

★ Pulse after slow dance:

Number of beats in 15 seconds: _____

Multiply by 4 to find the number of beats in one minute: _____

★ Pulse after medium speed dance:

Number of beats in 15 seconds: _____

Multiply by 4 to find the number of beats in one minute: _____

★ Pulse after fast dance:

Number of beats in 15 seconds: _____

Multiply by 4 to find the number of beats in one minute: _____



Use the number of beats in a minute to make a bar graph of your pulse after dancing:



What conclusions can you draw about dancing and your heart?

Please use these teachings and activities in accordance to your community's protocols and culture. Indigenous drums are lovingly made, are important cultural belongings, and often are not able to be played by just anyone.