

# Warm Your Heart Dance

Dancing is an important part of Indigenous culture and can get our heart beating!

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

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 fast dance:**

Number of beats in 15 seconds: \_\_\_\_\_

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

Use a drum or container to create dances from the heart. Beat the drum at fast, slow and medium rates and use the same procedure to compare how hard your heart works with each activity.



Use the number of beats in a minute to make a chart in the space to the right of your pulse after dancing.

Start	Slow	Fast

**What conclusions can you draw about dancing and your heart?**