

ACTIVITY 1

# LISTEN TO YOUR HEART

## QUICK SUMMARY

Have you ever actually heard the sound of your heartbeat? In this activity, your family will work together to create a stethoscope, which you will then use to monitor your heartrates in a variety of situations.



## YOU WILL NEED

- Paper towel roll
- Small plastic tube, approximately 2 feet long
  - Available at hardware stores, garden stores, and sometimes pet stores
- Piece of small garden hose, approximately 2 feet long
- Funnels of various sizes
  - You can create your own by using different sized cups to pour or by rolling paper to different sizes and taping
- Balloons
- Plastic wrap
- Electrical tape
- Duct tape
- Rubber bands
- Scissors

### CAUTION

- Do not place anything inside your ears during this activity

## DISCUSS

After your family participates in the ♥ **YOUR HEART** Virtual Field Trip, discuss the role of the heart. Acknowledge that your children were already aware that the heart is important... but did they realise just how much it affects their overall health and wellbeing?

## LEARN MORE

One way that doctors assess heart's health is by using a stethoscope. A stethoscope is an instrument used to listen to the heartbeat or someone's breathing. Doctors often use a stethoscope during routine check-ups. They place something that looks like a small disk on your chest or back, which is attached to a tube that connects to the two earpieces in the doctor's ears. This device enables the doctor to listen to your heartbeat's rhythm and rate — which are good indicators of your overall heart health. Though there are now more high-tech and precise ways to listen to sounds inside the human body, the stethoscope remains a quick, practical and reliable first line of assessment.

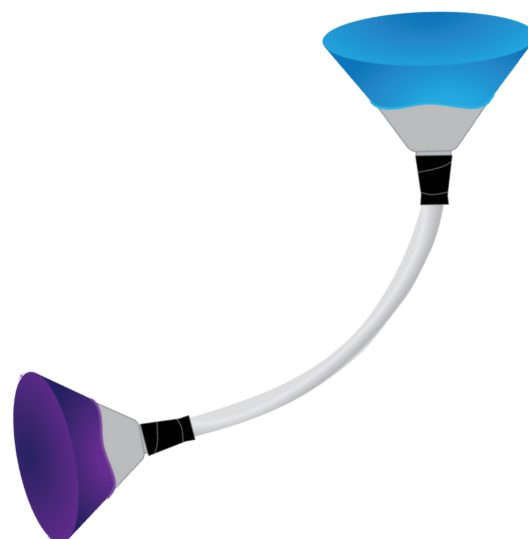
## APPLY

Today, your family will design and create your own homemade stethoscopes to hear your heartbeat!

1. The goal of a stethoscope is to capture the sound of your heartbeat and transfer these soundwaves from your heart to your ear. Follow these three easy steps to create your own!
  - Use the electrical tape to connect a small funnel and a large funnel to either side of a plastic tube.
  - Stretch a balloon over the top of each funnel and try to make it as stretched as possible. (You may need to cut the balloon first and/or secure it with a rubber band.)
  - Find a quiet room and place the large funnel over your heart and the small funnel against your ear. You should be able to hear your heartbeat!
2. For an added challenge, use the remaining materials to experiment with other stethoscope designs.
3. Once you've created a stethoscope that allows you to hear your heartbeat, think how and when you could use it to monitor your family's heart rates.

## TIPS FOR CRITICAL THINKING WITH A FAMILY MEMBER THAT HAS A DISABILITY

- Use the following strategies when discussing:
  - Ask them to tell you what they heard and saw in the Virtual Field Trip
  - Ask them to tell you how they felt during the Virtual Field Trip
  - Ask them to identify how they/your family take care of their health and wellbeing
- Be patient
- Allow your family member to ask questions
- Model answering the questions by providing what you think or giving examples
- Give them answer choices if they cannot independently answer open-ended questions



Ideas include:

- Compare everyone's resting heartrate (when you have been sitting still) to their heartrate during and/or right after exercise. To find your resting heartrate, count how many times your heart beats in a minute while you are at rest. This final number is also referred to as beats per minute or a BPM.
  - Listen to your heart rate at different times throughout the day—such as right when you get up, during a meal, as you're doing chores, or when you're working on your homework.
  - Consistently check the heart rate of different family members at the same time each day over a set period.
4. Then work with your family to create a chart (or charts) to track this data. An example is provided on the following page. Your family may use a version of this chart, or you could make your own on separate pieces of paper. Though everyone is unique and has their individual healthy heart rate, being aware of your average heart rate and tracking it over time is an easy way to detect possible changes.
5. Now that you better understand a common and simple tool used by doctors to listen to your heart, you are more in tune to your own body and its response to rest, activity, and stress. You are being proactive in your quest to take control of your heart health!

## INCLUSION IDEA

- Utilise leading questions or fill in the blank statements to support family members who require assistance to participate in discussions
- If a family member has a difficult time responding, provide examples of how to answer or provide choice responses (e.g., Would you \_\_\_\_ or \_\_\_\_?)
- Allow more response time for family members with alternative forms of communication (e.g., icon communication, communication device, sign language)
- Allow options for how answers are shared (e.g., written, verbal)
- Have other family members go first to model an appropriate answer to this question
- Use your family drawings to represent each individual's uniqueness

## DON'T FORGET

- Counting your pulse is another reliable way to measure your heart rate. Just find your pulse on your wrist or neck and count how many times it beats in one minute



## \_\_\_\_\_’S HEART RATE TRACKER

Date	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Additional Observations
	bpm	bpm	bpm	bpm	
	bpm	bpm	bpm	bpm	
	bpm	bpm	bpm	bpm	
	bpm	bpm	bpm	bpm	
	bpm	bpm	bpm	bpm	

\*bpm = heart beats per minute

