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*The Body's Percussion Instrument: Your Heart!*

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The heart is the body's percussion instrument. For a class participation activity, **have students place their hands on their hearts and count silently** while you time them for 30 seconds. Now have students find their pulse on either the left or right wrist. (If available, an older family member/adult at home can assist them in finding the wrist pulse point.)

Tell students that this throbbing—or steady constant beat—also comes from the pumping of the heart. Because the pulse, like the heart, produces a steady beat, students can use many rhythm patterns to count it. Lead students in counting each pulse: 1,2,1,2 or 1,2,3,4, etc.

Tell students that when they are playing at home and using a lot of physical energy, as in jumping, skipping, or hopping, they should feel for their pulse. During or after physical activity, the heart beats faster. It will still produce a steady rhythm, but the beat will be faster. Lead students in a short discussion on the difference between their pulse while sitting quietly and their pulse when they were at play.