

Heartbeat & Humming: Inside Vibrations

Concept: Internal vibrations – heart, voice, sound in the body

Materials:

- *Stopwatch or phone timer*
- *Quiet room*
- *Paper & pencil*

Steps:

1. *Have everyone sit quietly and place two fingers on their wrist or neck to find their pulse.*
2. *Time 15 seconds and count beats. Multiply by 4 to get beats per minute (BPM). Write it down.*
3. *Next, have everyone put a hand gently on their chest or throat and hum a long “mmmm” sound.*
4. *Ask kids what they feel: buzzing, tickling, vibration.*
5. *Talk about how the heart and voice are both vibrations inside us that help keep us alive and communicate.*
6. *Optional: Try light exercise (jumping jacks for 30 seconds), then measure heartbeat again and compare numbers.*