

Name: _____

Mindful Movement - Part 1



Relaxed State Pulse = ___ beats (15 seconds)

Active State Pulse = ___ beats (15 seconds)



Challenge! Find your resting heart rate or beats per minute by using multiplication. Multiply the number of beats in your relaxed state x 4. An average heart rate for children ages 7 - 10 is around 70 - 110 bpm.

Directions: Circle the correct word to complete the sentence.



1. Your heart is a (**muscle**, bone, tendon).
2. When your body is in a relaxed state, your heart beats (**slow**, fast).
3. When your body is in an active state, your heart beats (**slow**, fast).
4. Your heart beats faster so it can send more (**oxygen**, water) to the body.

Directions: Read each statement, then decide whether it is true or false.

1. Controlled breathing exercises can help lower your heart rate. **T or F**
2. Your brain and body work together to keep you healthy and safe. **T or F**
3. Your heart rate can increase when you get mad or angry. **T or F**