

LISTEN TO YOUR HEART

Supplies Needed:

- Stethoscopes
- Paper Towel Rolls

Say:

A heartbeat, which sounds like lub-dub, can be heard during the pumping phase. The "lub" sound of a heartbeat are the valves closing between the atriums and ventricles. The "dub" sound are the valves in the large blood vessels leading out of the heart snapping shut. All this happens in less than a second!



Do:

Use a stethoscope to listen to the "lub-dub" of the heartbeat and visualize the valves opening and snapping shut. If it is hard to hear try to running in place first.

Reflect:

What did you hear your heart doing? Describe the sounds you heard.

Developed in partnership with ISU Extension SWITCH Program to establish fundamental knowledge of heart function and heart disease prevention.

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Iowa
HAS HEART

Share your work in promoting heart health by using the hashtag #IowaHasHeart and tagging the Iowa Heart Foundation on social media posts.

