Lub-dub, lub-dub, lub-dub—that’s the sound your heart makes as the valves open and close. Catchy tune!
Borrow a stethoscope and let each child hear his or her heartbeat. Or, have each child make a stethoscope by fitting one end of a length of rubber tubing over the small end of a funnel. (To make the funnel, cut away the bottom part of a plastic two-liter bottle.) The child places the open end of the funnel over the heart and the unattached end of the rubber hose to his or her ear.