



**See and Hear your Heartbeat Loud & Clear!**



Our stethoscope toy, Heartbeats, lets kids engage in imaginative play as doctors. They can mimic real actions, learn about the human body, and practice identifying sounds like heartbeats, lung sounds, and more. Heartbeats offers both educational value and fun for children.

## **HEARTBEATS PULSE PLAY ADVENTURE GUIDE**

A Fun STEM Activity Book



**STEM TOY**

SCIENCE • TECHNOLOGY • ENGINEERING • MATH

# The Amazing Heart: Your Superpower Inside!

## What is the Heart?

- Your heart is a muscle about the size of your fist.
- It's like a pump that works all the time, even when you're asleep!
- It pushes blood through your body to keep you alive and strong.

## Why is the Heart Important?

- Blood carries oxygen and nutrients (like food for your body) to every part of you.
- It also takes away things your body doesn't need, like carbon dioxide.

## How Does the Heart Work?

- Imagine a water slide—your blood zooms through your body in tubes called arteries and veins!
- The heart has four rooms called chambers that work together to keep the blood moving.

## How Can You Keep Your Heart Happy?

- Eat yummy, healthy foods like fruits, veggies, and nuts.
- Play and move every day—run, jump, and have fun!
- Get plenty of sleep so your heart can rest, too.
- Stay calm and smile—your heart loves when you're happy.

**Fun Fact:** Your heart beats about **100,000** times a day!  
That's like clapping your hands super-fast all day long



**Heartbeats**  
ELECTRONIC STETHOSCOPE  
WITH AUDIO & VISUAL DISPLAY

# WELCOME TO THE WORLD OF SOUND EXPLORATION!

## Welcome to the World of Sound Exploration!

Congratulations on your new sound exploration toy! With this amazing device, you'll become a true Sound Explorer with the Heartbeats Electronic Stethoscope, discovering the hidden world of sounds all around you. Use this guide to try out fun group activities that encourage teamwork, curiosity, and STEM learning – both indoors and outdoors.

## Safety Tips for Sound Explorers:

- Always be mindful of your surroundings.
- Never use the toy to invade people's privacy.
- Respect others and the environment during your adventures.

## 1. LISTEN TO YOUR HEART!

### Objective:

Listen to your heartbeat and its rhythm, then shift your attention to other parts of your body, like the top of your head and your brain at work.



### Materials Needed:

Your Heartbeats Electronic Stethoscope

### Instructions:

- 1 **While Resting:** Sit quietly and place the stethoscope on your chest.

**What do you hear?** Is it a “lub-dub” sound?  
Count your beats for 30 seconds.

- 2 Move for 60 seconds** continuous-run to next room, jump, dancing, or even run in place for one minute.

**Listen again.** Is your heart beating faster? Count your beats and compare!

**STEM Connection:** Your heart beats faster to send more blood to your muscles when you move!

## 2.WHISPER RELAY CHALLENGE

### Objective:

Measure how far sound can travel.

### Materials Needed:

Your Heartbeats Electronic Stethoscope, and tape measure.

### Instructions:

- 1 Have one person** make a sound while another listens from different distances.  
**Measure** how far the sound can be heard.
- 2 Record** your results.
- 3 Take turns and see** who can hear the furthest.

**STEM Connection:** Experiment with sound wave travel and distance.

## 3.ANIMAL HEAT RATES

### Objective:

See if you can tell the difference between your heart rates, your pets and friends



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### Materials Needed:

Your Heartbeats Electronic Stethoscope.

### Instructions:

- 1 **Using** the Heartbeats Electronic Stethoscope, count the number of beats your heart beats.
- 2 **Next** go to your pets and see if theirs is different than yours. If you have a cat and dog, see if theirs is different.
- 3 **Experiment** with different sounds and notice the difference.

**STEM Connection:** Understand how different animals and people have different heart rates.

## 4. INDOOR SOUND SAFARI

### Objective:

Investigate sounds you can find in your household.



### Materials Needed:

Your Heartbeats Electronic Stethoscope, and notebook.

### Instructions:

- 1 Use the Heartbeats Electronic Stethoscope to detect hidden sounds inside — on your Head, other parts of your body, a ticking clocks, water dripping, or creaking floors.
- 2 Record your findings.



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- 3 **If** you want to add a competitive element, total the sounds, and team with the most sounds has to prove the sound to the team.
- 4 **Share** surprising sounds with your group.

**STEM Connection:** Investigate how everyday objects create sound waves.

## 5. SECRET NATURE SOUND HUNT

### **Objective:**

Identify hidden sounds in nature.

### **Materials Needed:**

Your Heartbeats Electronic Stethoscope, notebook, and pencil.



### **Instructions:**

- 1 **Go** to a park or backyard.
- 2 **Use** your device to listen for distant sounds — birds, leaves rustling, or insects.
- 3 **Write** down or draw as many as you can hear.
- 4 **Share** your findings with the group.

**STEM Connection:** Learn how sound travels through air and discover natural sound patterns.

## 6. SOUND CHARADES

**Objective:** Improve listening skills and creativity.

**Materials Needed:** Heartbeats Electronic Stethoscope and a list of sounds (created by you).

## Instructions:

- 1 **One** team sits 25 feet away and they imitate sounds (like a dog barking or a car horn).
- 2 **The other** players with the Heartbeats Electronic Stethoscope guess's what it is.
- 3 **Change** teams and distances to test your limits of hearing
- 4 **Rotate** roles.

**STEM Connection:** Practice sound recognition and creative thinking.

## 7.SOUND MAZE NAVIGATORS

**Objective:** Develop directional listening and teamwork.

**Materials Needed:** Heartbeats Electronic Stethoscope, blindfold, and a set of simple obstacles.

## Instructions:

- 1 **Set** up a maze using chairs or cones. (make sure no one can get hurt!)
- 2 **One** person is blindfolded with the Heartbeats Electronic Stethoscope, while another uses at the end of the obstacle course guide them in a regular voice with sound clues.
- 3 **It** can be fun to assign sounds to right or left, such as dog bark means go left, etc..
- 4 **Work** together to reach the finish line.

**STEM Connection:** Practice sound recognition and creative thinking.

## 8. MYSTERY SOUND DETECTIVE

**Objective:** Sharpen detective skills by identifying unknown sounds.

**Materials Needed:** Heartbeats Electronic Stethoscope, various noise-making objects, blindfold, and a set of simple obstacles.

### Instructions:

- 1 **One** player makes a sound with a hidden object.
- 2 **Other** players use the Heartbeats Electronic Stethoscope to guess what it is.
- 3 **Rotate** roles and try different sounds.

**STEM Connection:** Enhance auditory analysis and inference skills.

## 9. CODEBREAKER SOUND SIGNALS

**Objective:** Practice code communication and memory.

**Materials Needed:** Heartbeats Electronic Stethoscope, flashlight, or tapping stick.

### Instructions:

- 1 **Develop** a code (e.g., 3 knocks means go to next room).
- 2 **Use** tapping, clapping, or a flashlight to send secret messages.
- 3 **Decode** messages with your team.

**STEM Connection:** Understand how sound is used in communication technology.



For Support, contact us at:  
Email: [info@heartbeatsbrand.com](mailto:info@heartbeatsbrand.com)

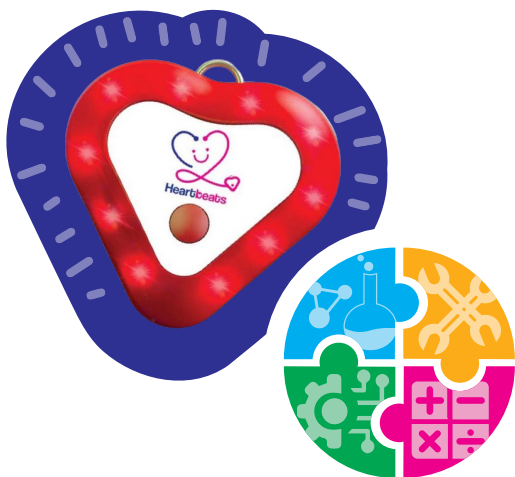
Brand: Heartbeats Brand™  
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Website: [www.heartbeatsbrand.com](http://www.heartbeatsbrand.com)





## ENJOY YOUR SOUND EXPLORING ADVENTURES!

Remember, the world is full of hidden sounds  
waiting to be discovered. Have fun learning  
and exploring!



For Support, contact us at:  
Email: [info@heartbeatsbrand.com](mailto:info@heartbeatsbrand.com)

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