Heartbeat refers to each contraction of the heart muscle. The pulse rate is how many times the heart beats in a minute.

Q1. Write these words on the right place: **temples, neck, wrists**.

Q2. How to feel the pulse.

Take your pulse by gently placing your fingers on the inside of your left wrist and counting the beats of blood you can feel.

Q3. How to know your pulse rate.

Count the number of beats you can feel on the inside of your wrist in 60 seconds.
This is your pulse rate.