

Pulse-Check Countdown

Grades 6–8 • 2 min • 1+ students

WHAT YOU NEED

- None

SETUP

No setup needed — works at desks, standing, or one-on-one.

HOW TO RUN IT

1. Everyone does 20 seconds of a simple, intense movement in place: fast marching, jumping jacks, or seated punches.
2. Call "stop" and have everyone place two fingers on their wrist or neck and quietly count their pulse for 15 seconds.
3. Guide four slow breaths: in for 4 counts, hold for 4, out for 4.
4. Ask (rhetorically, no need to answer aloud): did your pulse feel faster right after moving? Slower now?

VARIATIONS

- Use as a one-on-one regulation tool with a single student who needs a reset, not just a whole-class break.
- Skip the movement step entirely and just do the breathing-and-pulse-check for a lower-energy version.