

Group Members Names \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Blood Pressure Activity

**Step 1:** everyone needs to have their BP taken (and everyone needs to take someone's BP) the absolute correct way we talked about in class and saw in the video

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

**Step 2:** Everyone needs to have their BP taken (and everyone needs to take someone's BP) where your brachial artery is too high and above your heart

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

**Step 3:** Everyone needs to have their BP taken (and everyone needs to take someone's BP) where your brachial artery is too low and below your heart

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

**Step 4:** Everyone needs to take turns jumping up and down (in place) to get their heart rate up and then have their BP taken

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_

\_\_\_\_\_ BP was \_\_\_\_\_ and was taken by \_\_\_\_\_