

This activity is part of a series of legacy-building and memory-making activities offered through Hospice. Most of the activities are suitable or can be adapted for children of all ages. We encourage all members of the family to participate in any of the activities you select.

Capturing the Sound of the Heartbeat of Loved One

These are very easy for families if they have cell phones and can download mobile stethoscope apps.

Needed Materials:

- Re:Beat from Rebtel and is available in the iTunes and Android stores.
- OR Mobile Stethoscope is an iPhone/iPod application. Mobile Stethoscope is available at the Apple App Store.
- OR Build-a-Bear sound chip

Instructions:

1. Use mobile stethoscope app to capture the sound of the person's heartbeat. We recommend you capture at least 30 seconds of sound.
2. If the person is on a hospital monitor, that can be used as well. Just turn up the audio on the monitor to record the sound with your cell phone.
3. If you can afford a Build-a-Bear sound chip, you can capture 10 seconds of the person's heartbeat. The sound chip can be inserted into a Build-a-Bear stuff animal and activated by the press of a button.

Tips and suggestions:

- The audio file can be given to a musician in the family and be used as the beat to a song created in honour of/memory of the loved one.

A Visual of the Heartbeat of a Loved One

Needed Materials:

- Access to an ECG machine

Instructions:

1. If your loved one is connected to an ECG machine, take a strip of the loved one's heart rhythm.
2. The heart rhythm can be framed on its own or incorporated into a piece of artwork.
3. Some people like to tattoo the heart rhythm pattern on their body.

