

REACTION TIME

You'll need:

30cm ruler

Pen

Paper

A helper



Instructions

Hold the top of the ruler with your arm stretched out and fingers on the highest measurement.

Ask a helper to put their thumb and index finger slightly open at the bottom of the ruler, with the ruler between their fingers.

Drop the ruler and record the measurement on the ruler where the other persons fingers are.

Repeat for all participants. Let each person have three attempts and record the average value.

The person with the fastest reaction time is the one who catches the ruler at the lowest measurement, as the sooner the ruler is caught the less time it has had to fall.

Why does this work?

Our eyes see that the ruler has been dropped and send a signal to the brain, which sends a signal to the muscles in the arm and hand to tell them to catch the ruler. These signals travel very, very quickly.

Your reaction time depends on the time taken for the signals to travel between your eye, brain and hand.

**GREAT
JOB!**