

# SCIENCE

## FROM HOME



## Animal Superhero Strength Test

Can you jump as far as a puma or see as far as an owl? Could you compete against the world's fastest or largest animals? Test your own strength, sight, and speed against the abilities of nature's own superheroes using these easy steps.

### Know before you begin

- This activity can be done inside or outside
- All supplies are easy to find, substitute, or leave out entirely
- Adult supervision is recommended
- Please choose a safe space to play

### Materials

- Sidewalk chalk (or anything to mark a starting line or a distance marker: sticks, string, tape, etc.)
- Tape measure
- Paper and marker
- Stopwatch or phone timer
- Post-it Notes

### Instructions

- Make a starting line, with plenty of space in front of you for running or jumping. Try using sidewalk chalk, string, or sticks if you can go outside. Inside, try using tape or be creative by making a line of stuffed animals. Anything goes!
- Place a distance marker about 50 feet ahead of the starting line, and mark it with tape, chalk, string, or whatever you have.
- Don't have exactly 50 feet of space in front of you? No problem! You can do a shorter distance or estimate the length you have available.
- Clear the space: make sure the space between the starting line and distance marker is clear, safe, and ready to use. Avoid crossing streets or unsafe areas by asking a trusted adult to help you choose a spot.