

SCIENCE

FROM HOME



Sloth Reflexes

Sloths are not known for their reflexes, but how good are the reflexes of humans? How quickly can you take in information and react to it? Are your reaction times faster than your siblings or parents?

Know before you begin

- This activity can be done inside or outside
- All supplies are easy to find, substitute or modify
- Adult supervision is recommended
- Please choose a safe space for this activity

Materials

- A ruler
- A partner

Instructions

- Have your partner hold the ruler by one of the long ends in between their thumb and forefinger so the other end is facing down towards the ground.
- Put your dominant hand under the ruler so you will be able to catch it in between your thumb and forefinger when the ruler is released by your partner.
- Have your partner drop the ruler, do not let them give any warning of when they will drop it though!
- After you catch the ruler, record the distance from the end of the ruler to where you caught it.
- Switch roles with your partner, repeat the experiment.
- Compare your results with your partner.