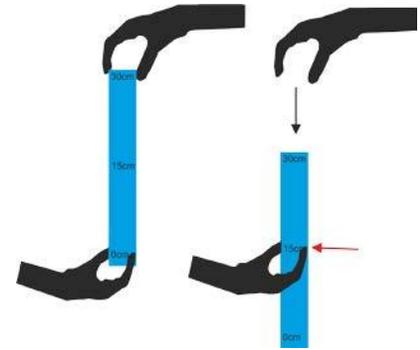


Measuring your reaction time

What you need:

- 30cm ruler
- A willing volunteer



What you do:

- Hold the ruler at the 30cm end so that it dangles downwards.
- Your volunteer should place their thumb and first finger together then open them about 2cm to make a pincer.
- Ask your volunteer to place their ‘pincer’ either side of the bottom of the ruler (0cm mark).
- Drop the ruler but do not give the volunteer any warning.
- Look at where they caught the ruler and read off the number of centimetres next to their fingers.

Measurement

- Less than 1cm
- 2 to 8cm
- 8 to 15cm
- 15 to 20cm
- 20 to 27cm
- 27 to 30cm
- Did not catch ruler

Rating

- Cheating!
- Fantastic
- Excellent
- Good
- Average
- Fair
- Slow

The Science

Your reaction time is the time it takes your brain to respond to something. In this case how long it takes your brain to respond by closing your fingers after you have seen the ruler drop. Reaction times can be affected by lots of things including; how old you are, if you are tired or if you are distracted.

