

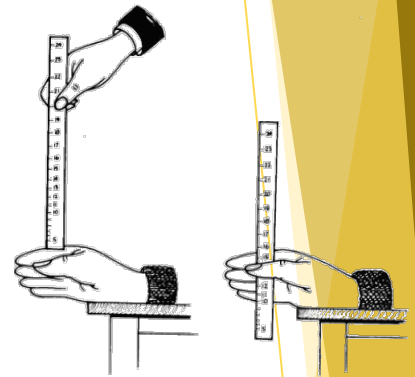
15 - 30  
Minute  
Activity  
For  
Any Age

## Reaction Test

Have you always felt like you have quick reactions? Have you ever tried to measure your reaction time? Here is a quick and fun activity that you and your family can do to see who how fast your reaction time really is.

We are continuously adjusting to different and diverse environments every day. As we move through these different environments we react and adjust our actions accordingly. Reaction time is the measurement of the speed of a response to a situation. Not to be confused with reflexes, which are involuntary movements, such as blinking an eye. Reactions and reflexes are quite different.

1. Have the person being tested sit down at a table or counter with their arm resting on the surface. Their hand should be just off of the edge of the counter or table.
2. Have someone else hold the ruler from the end that reads 30cm so the opposite end which reads 0cm is right between the thumb and forefinger of the person being tested.
3. Once everyone is set up and ready, have the person holding the ruler randomly drop the ruler without giving any indication they are releasing it.
4. Once the ruler has been released it is up to the person being tested to act fast and pinch the ruler between their thumb and forefinger as fast as they can. Record the number that your thumb and forefinger land near. The lower the number the faster the reaction time.
5. Repeat this test three times, recording the number each time. Add up the three numbers and divide them by 3 to get that person's average reaction distance.
6. Have everyone in your family participate in the reaction test and see who has the fastest reaction time.



(photo from <https://www.discoveryexpresskids.com>)

### Test out your other senses!

The reaction test above is heavily focused on using your vision. Test out your other senses by adjusting this activity.

**Hearing** - Have the person being tested put on a blind fold and do the test. This time when the person holding the ruler releases it have them say 'Release' at the same time.

**Touch** - Have the person being tested put on a blind fold and do the test. This time have the person releasing the ruler touch the person's opposite shoulder at the same time they release the ruler.

### Materials needed:

- Ruler or Meter Stick
- Table or countertop
- Pen and paper to record reaction times

*Compare your reaction time scores from all three versions of this activity, see which sense is fastest!*