Can You Override Your Instincts?

Developed by Linda Roberts
Grades 3-8

Objectives

Students will:

- Develop an understanding of voluntary vs. involuntary reactions.

Materials

- Bag of cotton balls (Cat. No. KI05571)
- Plastic wrap for each student [Cat. No. KI01037(I)]

Activity

- Have students work in pairs.
- One partner will hold a piece of plastic wrap (about the size of a sheet of copy paper, 8½" x 11") in front of their face. To make the plastic wrap more durable and reusable, mount the plastic wrap to 8" x 10" photo mats. SAFETY WARNING: At no time should the plastic wrap be touching or covering the student's mouth, nose or face; student should always be holding plastic wrap away from face.
- The other partner will throw cotton balls at the sheet of plastic.

Discussion

This activity shows that even though we try, it is difficult to overcome instincts. In this case, the instinct is to blink when an object is thrown toward your face. Even though the student knows the cotton ball is light and wouldn't hurt if it hit them, and that the plastic wrap will protect their eyes, the student will blink every time a cotton ball is thrown at their face.
**All-Purpose Digital Stopwatch**
Features hour, minute, and seconds display; calendar display; 24-hour stopwatch; alarm; hourly chime; 12/24-hour mode option; 1/100th-second chronograph; split time; and total time. Complete with battery and carrying cord. Color and style may vary.

**EZY Timer**
Easy-to-use digital timer with three-button operation (start/stop, lap, and reset). Easy-to-read display shows time in hours, minutes, seconds, and hundredths/seconds. Magnetic back clip holds to metal surfaces; clips to a belt, pocket, or apron; or converts to a stand. Top right corner features a hole for hanging cord (not included). Requires one G10-A battery (included). 2" W x 2" H x ½" thick.

**Student Blood Pressure Kit**
The perfect blood pressure kit for students. The kit includes long-lasting adult cotton D-ring cuff; convenient one-hand operation; and black, no-stop pin, 300 mmHg gauge. Separate professional stethoscope. Comes with vinyl carry case, illustrated instructions, and blood pressure chart. 10-year calibration warranty.

**Windup Meter Tapes**
Virtually indestructible, high-quality fiberglass tapes in ABS plastic windup cases. Calibrated on one side in 0.5 centimeters and inches on the other. Useful in outdoor activities, rough terrain, mud, and water. Will not tear, break, rust, or stretch.

- SB33643 10 m Tape.
- SB33641 30 m Tape.
- SB33642 50 m Tape.

**Human Senses (Physiology) Experiment Kit — LAB-AIDS® No. 8**
This lab activity arouses a personal interest as students experiment to identify response areas of their body, and become aware of their sensory perception. Students “map” the taste sensation of sweet, salty, bitter, and sour; determine their olfactory fatigue and recovery times by inhaling different odors; actually discover that there are different nerve endings for hot and cold as they “map” a section of skin; locate nerve endings for touch (pressure) and pain, as well as determine the two-point threshold of various regions of their bodies; investigate the blind spots, dominant eye, visual accommodation, near point of vision, and afterimage; and experiment with reflex actions. Complete for 30 students. △ CHOKING HAZARD (1); not for under 3 years.

**Trundle Wheel**
Rolling the wheel forward or backward produces a loud “click” every meter. The circumference of the wheel measures one meter. Use it indoors or out to measure long distances, or demonstrate the relationship between the circumference and diameter of a circle. Wheel edge is designed to grip smooth surfaces and is calibrated in centimeters (numbered in centimeters every decimeter). Made of high-strength plastic with molded, collapsible handle. △ CHOKING HAZARD (1); not for under 3 years.

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Features hour, minute, and seconds display; calendar display; 24-hour stopwatch; alarm; hourly chime; 12/24-hour mode option; 1/100th-second chronograph; split time; and total time. Complete with battery and carrying cord. Color and style may vary.

**Percussion Hammer**
An 8" long percussion hammer with a molded rubber head permanently joined to the chrome-plated handle.

**Lesson Plans are developed with teachers with no claim of original authorship.**

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