

How fast is your reaction?

What you need:

15 cotton reels (or object of similar size), 15 coins and a stopwatch or clock

What you do:

You are going to be testing your reaction times.

Challenge someone to compete with you. Take turns to turn over as many of the cotton reels or coins as you can in 30 seconds only using your right hand.

Repeat using your left hand.

What do you notice?