



**TOP TIP**  
To find your average reaction time, add up all your results and divide the total by the number of attempts you made.

## Things to make and do

# Test your Reaction time

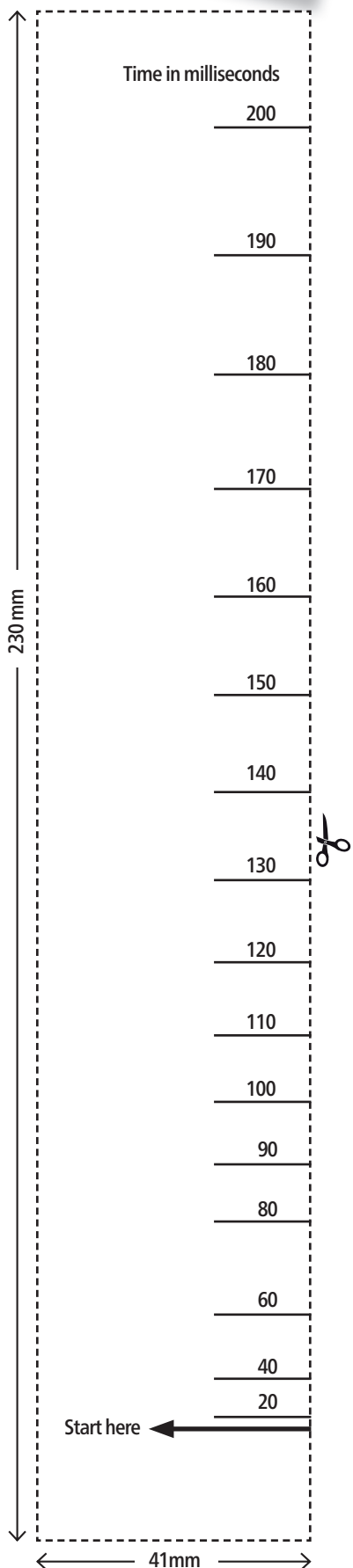
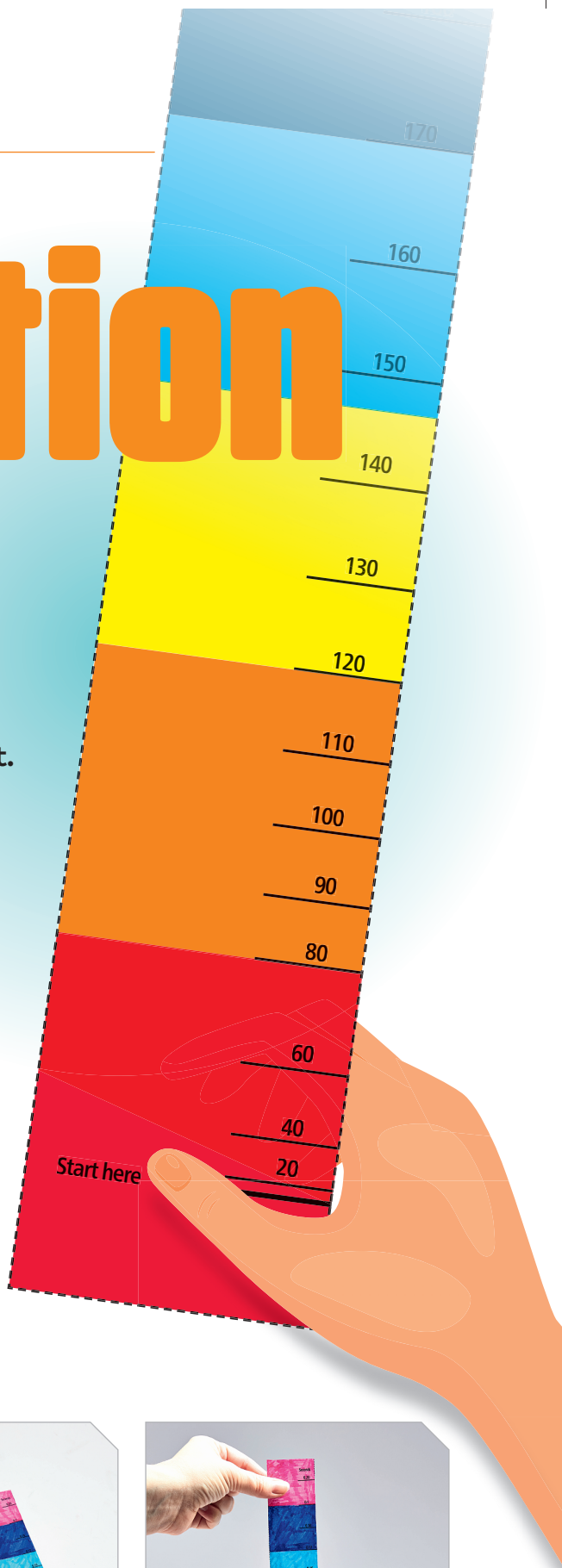
Do you think you have lightning-fast reactions? Now is your chance to prove it.

### What you need

- Scissors
- Template
- Card
- Glue stick
- Coloured pens (optional)

### How does it work?

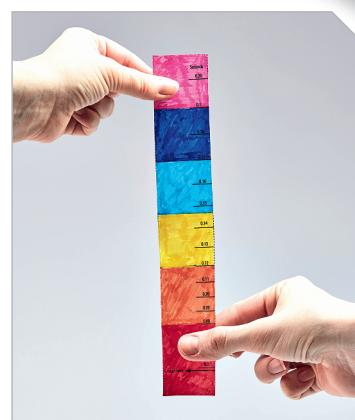
When the ruler is released, it drops to the floor. The distance it falls before you grab it is a measure of your reaction speed. This is how long it takes between your brain receiving information from your senses (seeing the ruler drop) and your body taking action (stopping the ruler) – it's normally just a fraction of a second. The numbers on the ruler correspond to time taken (in milliseconds) measured from the start line. The force of gravity makes objects accelerate (increase their speed), so the space between the lines gets bigger. The closer to the bottom of the ruler you grab, the faster your reaction time. What's your best time? How about if you use your other hand?



**1** Cut out the reaction-time ruler (left), or trace it onto a piece of paper. Stick it onto card to make it stronger.



**2** Decorate your template using different coloured pens.



**3** Get your finger and thumb ready on the start line. Ask someone to drop the ruler. Stop it as quickly as you can.