



# Life

SCIENCE FOR ALL

# Me, me, me!

Explore our amazing brains and bodies.

## MEASURE UP

### ARE YOU TALLER, OR WIDER?

You will need:

- Pen
- Paper
- Someone to help
- Tape measure (optional)



- 1 Get someone to help you measure how tall you are. You could use the tape measure, or find another way of measuring, like how many hand-lengths tall you are. Write it down.
- 2 Stretch your arms out either side of you. Measure from the tip of your longest finger on one hand to the tip of the longest finger on the other hand. Use the same way of measuring as you did for your height. Write this down too.
- 3 Compare the measurements. Which is longer? Are they different from what you thought they'd be?
- 4 Try measuring the other person in the same ways and see if the results are different.

For many people, the distance from fingertip to fingertip is very similar to their height, although sometimes one will be a bit longer than the other.

# Sense experiments

No laboratory? No problem!  
Here are some things to test,  
using no kit other than your body.

Stand on one leg and try to balance. Then shut your eyes. **What happens?**



Many of us find it much harder to balance with our eyes closed because we rely on sight to do it. We also use balance sensors in our ears, and the feel of the ground under our feet, so we can train ourselves to balance without seeing. But it's hard!

Put your hands up in front of you. Point your index fingers at each other, with a small gap between them. Focus your eyes on what's behind your hands. **A small 'finger sausage' will appear between your two fingers.**



Your eyes look at things from two different angles. When you aren't focusing on your fingers, you see an 'extra' tip for each of your fingers, which combine to make a sausage.

While sitting down, try drawing a 6 in the air with your right hand, while making a clockwise circle with your right foot. **How easy is it?**



The left side of your brain controls the right side of your body. It can't deal with your right hand and foot doing opposite movements so it tries to combine them into the same movement.



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