

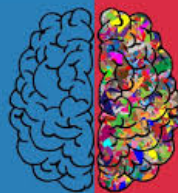
## YOUR CHALLENGE

Are you left or right brained?

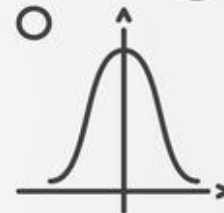
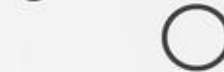
In this activity, you will get to find out whether you have a sidedness – that is, whether you prefer to do activities with one side of your body – and what that might say about your brain.

### WHICH ONE ARE YOU ?

LEFT  
BRAIN



RIGHT  
BRAIN



## STEP 1

## Gather Your Materials



## STEP 2

Make your results table

	Person 1	Person 2	Person 3
HAND			
FOOT			
EYE			
EAR			

## STEP 3

## Get to work!

### **Get your first volunteer ready:**

#### **Ask them to :**

- Write their name on a piece of paper (which hand did they use?)
- Place a coin on the floor directly in front of them and ask them to step on the coin (which foot did they use to step on the coin?)
- Give them your empty paper towel tube and ask them to look at an object through it (which eye do they use to look through the tube?)
- Give them a phone and ask them to listen to it (which ear do they put the phone up to?)
  
- Record all of your results in the table you made, write left or right in the correct place after each task is completed
- Now try it with someone else
- Can you think of your own tasks to add to the table and ask people to do?

**Look at your results table, are more of your volunteers right-handed or left-handed? What about right-footed versus left-footed, right-eyed versus left-eyed, and right-eared versus left-eared?**

## STEP 4

## What happened ?

Most scientific studies find that between 70% and 90% of people are right-handed. From this activity, you probably saw that most people who are right-handed are also right-sided overall. That is, they usually prefer to use their right foot, eye, and ear as well.

The same trend exists with left-handed people. A person who is left-handed is more likely to also be left-footed, left-eyed, and left-eared.

A person's preference for using either their right or left side for each task develops during childhood. But sometimes how a child is taught to do a task can overrule their preferences.