



Developed with Linda Roberts

Volume 20 | Gr. 3–8

Can you override your instincts?



Objective

Students will develop an understanding of voluntary vs. involuntary reactions

Materials list

- Bag of cotton balls (KI05571)
- Plastic wrap for each student [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 their 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.

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 yrs.

SA01213



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.

SB10783



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.

TB14784



Percussion Hammer

An 8"L percussion hammer with a molded rubber head permanently joined to the chrome-plated handle.

SB06920



SEL Power-Up Reflection

Suggested questions for an SEL-focused discussion after you finish your activity.

GROUP REFLECTION:

1. How did you react the first time when someone was throwing a cotton ball at you? How did your classmates react?
2. Were you able to change your reaction over time? If so, how?
3. What are some other voluntary and involuntary instincts we have? Give some examples.
4. Do you think instincts are important? Why or why not?
5. What dangers are there in trying to override your instincts?
6. Instincts can also relate to emotions like when we're sad, upset, or happy. Can you use the same methods you used to override your instincts in this exercise when trying to manage your emotions? Explain.

SELF-REFLECTION:

1. Have you ever had a time where you reacted a certain way but then regretted it? Explain what happened and how you would have changed your reaction.
2. How did I feel as I worked on this activity?

CHOKING HAZARD (1) ⚠ **WARNING: CHOKING HAZARD** — Small Parts. Not for children under 3 yrs.