

Body Systems

Walk slowly through the 'Inversion Tunnel'. Pause for a moment when you begin to feel dizzy. Close your eyes. Did the dizziness go away? Why?

Which part of the nervous system is affected while walking through the 'Inversion Tunnel'?

What was your highest score when you played the game 'Simon Says'?

Which part of the brain is activated during this activity?

Refer to the back of this sheet to answer questions about the nervous system

Pick a partner and try the 'Mind Ball' activity. Who won? How are the two graphs different?

Which part of the nervous system is affected when playing the 'Speed of Light' game?

Any other observations?

At the 'How Cold Is It' exhibit, put your non-dominant hand in the water until it becomes uncomfortable. Remove your hand and record the number of seconds. Compare both of your hands. What do you observe?

At the 'How High Can You Jump' exhibit, jump 5 times, recording each result. When finished with the jumps, record your heart rate.

Pick one of the following activities to participate in:

- 'How High Can You Jump'
- 'Hoop Fever'
- 'Pull Yourself Up'

What muscles are engaged?

Which bones are engaged?

The Nervous System

