

Activity Name: Test Your Dominant Side

Activity Description: Through a series of eye, hand/arm, and leg/foot tests children will learn if their right side or left side is the dominant side.

Suggested Grade Level / Age Range: K-12

Science Content Covered (just provide keywords - *example - heat, light, energy*): Dominant side

Time needed to complete the activity: 10 minutes

Materials Required (per student):

- A pen or pencil
- Paper or a notepad to write your findings on
- An empty tube (an old paper towel tube is good)
- A ball to kick/ throw

Directions as well as Activity Success Tips for Parents and Teachers:

1. Have students complete the following tests to determine their dominant side: eye, hand/arm, foot/leg, and after each test mark down left or right depending which side the child favored.
2. Eye Tests
 - a. Which eye do you use to wink?
 - b. Which eye do you use when you look through an empty tube?
3. Hand/ Arm Test
 1. Which hand did you use to write?
 2. Throw the ball, which hand did you use?
3. Foot/ Leg Test
 1. Jump on one leg which leg did you jump on?
 2. Kick the ball which foot did you use?

Activity Success Tips:

1. If you are doing this activity with younger students you might want to help them read their data at the end to determine which side of their body is dominant.

Insert Any Images / Photos / Drawings needed to help describe or explain the activity: N/A

Possible follow-up, extension activities or ideas for children and parents to explore (with references or urls):

If you are left handed you will want to check out this website:

http://www.lifescrpt.com/Soul/Self/Growth/Interesting_Facts_About_The_Left-handed_Population.aspx?qclid=CJaYi7ec4aQCFYs65QodKlcoIq&trans=1&du=1&ef_id=1350:3:c_292ace220f85136f69a491edc12e02cc_2540827715:TL7CuwqoEEQAAC4upoIAACdJ:20101020102147

Take the Hemisphere Brain Dominance Test, to determine which side of your brain is more dominant: <http://serendip.brynmawr.edu/exchange/node/1733>

Safety comments / considerations: N/A

If your activity should be credited to any specific source or citation - indicate that here:

<http://www.sciencekids.co.nz/experiments/dominantside.html>

So we can make sure your organization gets credit for your participation and we refer people accurately to your organization:

Your Organization's Official Contact Person name & Title: **Christine Royce, Associate Professor Shippensburg University**

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