MIND TREKKERS
Reaction Time Lesson Plan

Amount of time Demo takes: 00:00-00:00
Materials (be as thorough as possible):
- ruler with cm marks
- small white board and marker
- removable sticker notes (small enough to fit on ruler)
- small bin

Set up instructions:
1. Set up poster to show results

SAFETY!
1. Safe Demo

Lesson’s big idea (What is the demo/lessons objective or big idea briefly? explain in 1-3 sentences in bullet points)
- Test and compare reaction time in humans

Instructional Procedure:
1. Have the student sit in a chair with arm resting on a table so that their wrist hangs off the edge
2. Hold the ruler so that it dangles between their thumb and finger
3. Let go of the ruler and have them catch it with their thumb and finger as fast as they can.
4. Compare the distance from where the fingers started to where they caught the ruler. Can then compare the distance to a reaction time chart.
5. Explain reaction time. Reaction time is how long it took for their eyes to tell their brain that the ruler was falling and then for their brain to tell their fingers to catch it.
6. make a mark on the white board showing their results

Assessment (How do you know your audience understood?)
Sample questions you can ask:
1.
2.

Conclusion (Review concepts covered briefly if summary needed)

Clean Up
Clean up between demonstrations if needed. When completely finished gather all materials listed for this demonstration and make sure everything is accounted for. If something was used up, broken or damaged. Let someone know so it can get replaced or fixed.
References (Include any websites, books etc that 1, back up your explanation of the demo, and 2, someone can go to find more information.):

National Standards: