

# Thumbs Up

## Materials

Two large rubber bands, or masking tape



## Procedure

1. Make a list of everyday things that you do - brushing your hair and teeth, tying your shoes, getting dressed, writing your name, etc. For each one, predict whether or not you will be able to accomplish the task without the use of your thumbs.
2. Strap your thumbs to the palms of your hand in such a way that you could not use them if you tried. Either put a rubber band around the hand catching the thumb, or tape the thumb in.
3. Now try to do your everyday tasks list without the use of your thumbs. Were your predictions correct? Did any surprise you?

*Our thumbs are structured in such a way that they are opposed, or opposite to, the rest of our fingers. It is amazing just how much we use our thumbs in everyday life. This experiment gives us a chance to appreciate the importance of our hand structure.*

