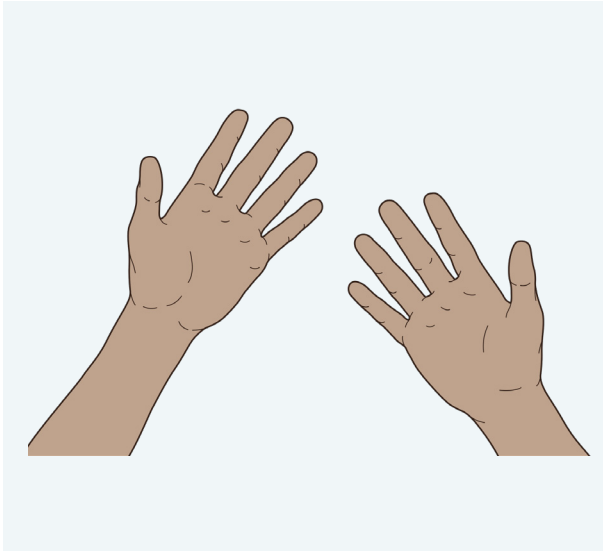
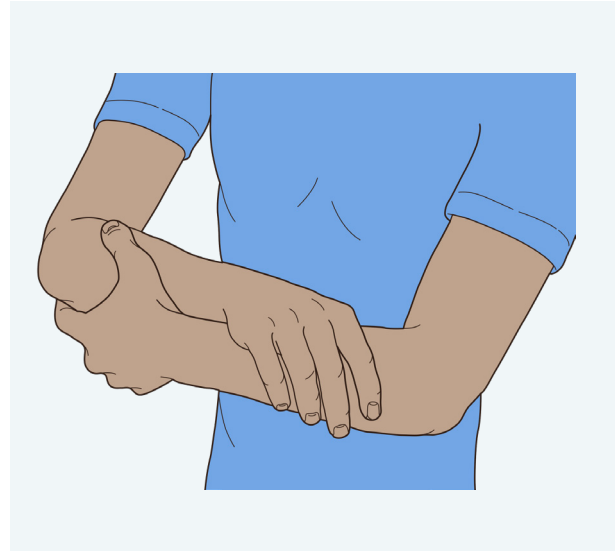


# Activity 6: Feeling temperature #1

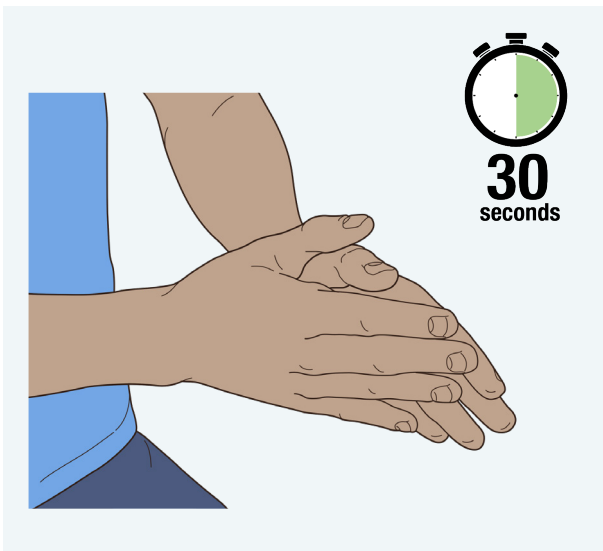
Video demonstration



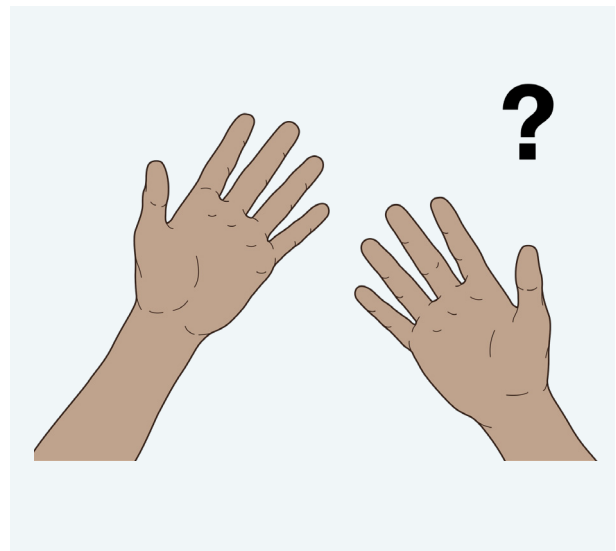
1. Standing still, bring your attention to how your hands feel.



2. Now, touch your arms with your hands. Are your arms warmer or cooler than your hands?



3. Now rub your hands together really fast for 30 seconds.



4. Stop after 30 seconds. Do your hands feel warmer or cooler than before? Touch your arms with your hands. Are your arms warmer or cooler than your hands?
5. Repeat steps 1-4 but at step 4 touch your face with your hands instead of your arms.

## Follow-on activity:

How could you cool your hands down when they are hot? What is the safe temperature range for human bodies? How do humans cool down/warm up?