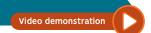
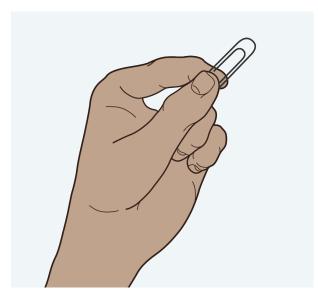
Activity 8: Feeling temperature #3



Note: this activity requires a box of paperclips, half of which have been in the freezer.



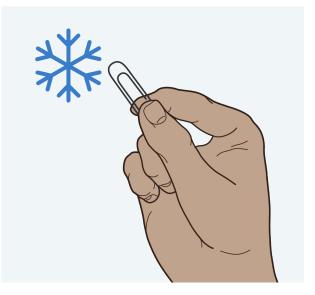
1. Give each student a room temperature paperclip.

How does the paperclip feel? Is it hot, warm, cool or cold?



3. Now pick up the first paperclip in your other hand.

Does it feel warmer or cooler than it did before?



2. Put the paperlip down and get one out of the box (from the freezer).

How does this paperclip feel? Is it hot, warm, cool or cold?

Follow-on activity:

Would the cold clip feel less cold if you wear gloves? How does having cold fingers make your body feel?



Interoception and self-regulation: Get ready to learn

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