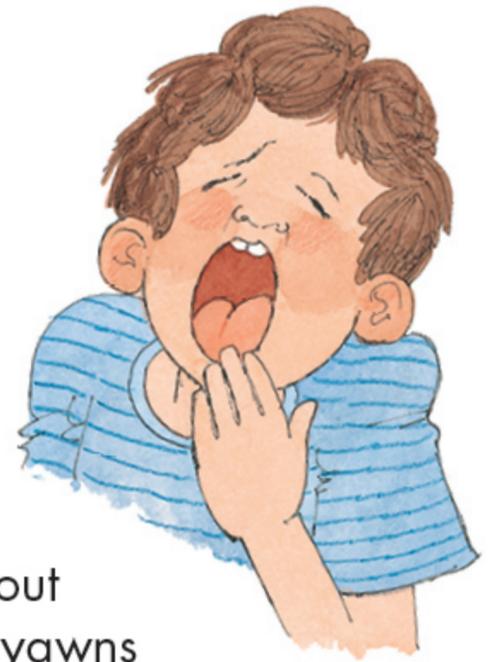


# The LONGEST YAWN



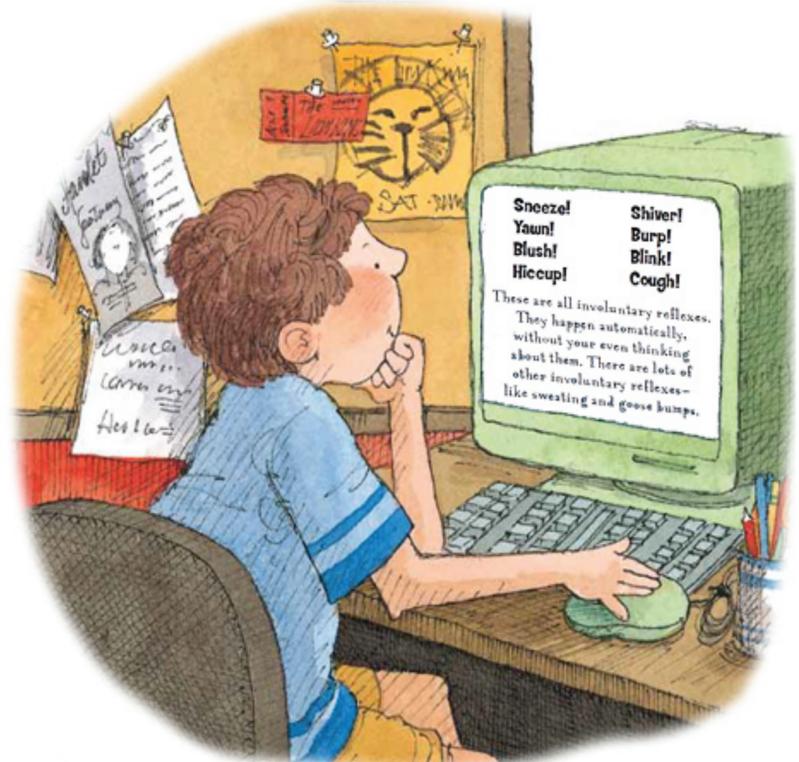
A yawn is an involuntary reflex. That means it happens without you thinking about it. Have you noticed that when someone yawns near you, you often yawn, too? (Did all that talk of yawning just make you yawn?)

Other involuntary reflexes include blinking, blushing, sneezing, and shivering. Your brain controls your reflexes. Sometimes you can control your body, but sometimes your brain is in control.

## Don't Blink!

Blinking is a reflex, like yawning.

1. Observe a friend or family member, without telling them you are watching them.
2. Write down how many times they blink in 1 minute.
3. Next, observe and record how many times they yawn in 1 minute.
4. Ask that person to try not to yawn in the next minute. Set a timer and count the number of times they yawn. Write down the number.
5. Then ask them to try not to blink for a minute. Set a timer and count the number of times they blink. Write down the number.
6. Repeat with other friends or family members.



# Yawns and Blinks Chart

	Number of times reflex observed	Number of times with person trying to control	How did the data change? Did it increase or decrease? By how much?
<b>Person 1</b> <b>Yawns</b>			
<b>Blinks</b>			
<b>Person 2</b> <b>Yawns</b>			
<b>Blinks</b>			
<b>Person 3</b> <b>Yawns</b>			
<b>Blinks</b>			

7. What do you notice about the data you collected?