

# RIGHT OR LEFT HANDED

## Level 2-3

Most right-handers can do some things with their left hand, and most left-handers can do some things with their right.

### FACTS

1. The brain is divided into a left and right hemisphere.
2. Your left side is good for maths, reading and science.
3. Your right side is good for art, music and following directions.
4. When you dream, your brain is sorting things out.
5. Your dreams are each between 5 and 45 minutes long.
6. You have about four dreams per night.

### TRY THIS

Point your finger to an object in the distance. Shut your right eye. Is your finger still on the object? Repeat this but now shut your left eye. The eye that was open when your finger was still on the object is your dominant eye.

Join your hands behind your back. Which hand is doing the holding?

Click your fingers using your right and left hands. Which one is louder? Why?

Go outside with a rugby ball and kick it with your right foot and then your left.  
What did you notice?

Go outside with a rugby ball and pass it to your right foot and then your left.  
What did you notice?

### HEALTH TIPS

ALWAYS WEAR A HELMET WHEN BI CYCLING,  
SKATING OR SKATEBOARDING.  
RUGBY HEADGEAR DOES NOT PROTECT  
YOUR BRAIN FROM CONCUSSION.

