



# The Nervous System

## Two-Point Discrimination Test

The nervous system is made up of all the nerve endings in our skin that tell us when we are touching things. But some parts of our skin are more sensitive than others, because they have more nerve endings! Compare the sensitivity of some of your body parts with these tests!

### Test 1

For each body part being tested, takes turns being the piker and the test subject. The piker will poke the subject with two toothpicks about 6cm apart, and ask if the subject feels one or two pokes.

Keep moving the toothpicks closer together until the subject feels only one poke.

Move the toothpicks slowly apart again until the subject feels two pokes again.

Write down the approximate distance the toothpicks need to be apart for the subject to know there are two pokes.

Part Tested	Distance needed to feel two pokes
Back of hand	
Palm of hand	
Forearm (roll up sleeves)	
Cheek	
Forehead	
Back of neck	
Part: _____	
Part: _____	

## Test 2

Take two different colour washable markers. The subject should close their eyes, and the piker will poke them with their marker.

The subject should try to poke themselves in the same spot with their marker, without opening their eyes.

Measure the distance between the first poke and the guess.

<b>Part Tested</b>	<b>Distance needed to feel two pokes</b>
Back of hand	
Palm of hand	
Forearm (roll up sleeves)	
Cheek	
Forehead	
Back of neck	
Part: _____	
Part: _____	

Were the results of both tests the same or different? Were the largest and smallest numbers for the same parts, or different ones? The results should resemble each other (they won't be the same numbers, but the more sensitive parts should have smaller numbers, and the less sensitive parts should have larger numbers in both cases.)