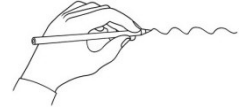




Body tricks - Stop your hand from working - ANSWERS

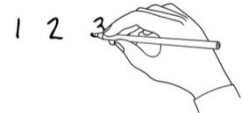
1. Match them up!



Match the words with the definitions.

- | | | |
|--------------|---|---|
| blood supply | → | to hold and press something very hard |
| a thumb | → | not able to move |
| to squeeze | → | how much blood can get to a part of your body |
| stuck | → | the short, thick finger on the side of your hand |
| to flick | → | a sudden pain in a muscle that makes it difficult to move |
| a cramp | → | to move something with a short, quick action |
| fluid | → | a part of the body that connects a muscle to a bone |
| a tendon | → | liquid |

2. What's the order?

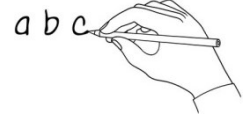


Watch the video. Put the sentences in the correct order.

- | | |
|---|--|
| 4 | Relax your hand and slowly pull your thumb out. |
| 3 | Squeeze your thumb hard and count to sixty. |
| 1 | Stick out your thumb. |
| 6 | Flick your hand open quickly. |
| 2 | Wrap your other hand around your thumb. |
| 5 | Open the fingers on that hand as slowly as possible. |



3. Fill it in!



Watch the video. Complete the sentences.

cramp	hands	tendon	blood supply	quickly	slowly
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- The trick stops one of your hands from working.
- Aahil thinks you have to put your hand up, so that the blood supply goes down.
- When Chris opens his hand slowly, his fingers get stuck.
- Willow says that it felt like a cramp in her hand.
- Holding your thumb for a long time squeezes fluid away from the tendon.
- When you open your hand quickly, the fluid goes back.

4. Write and draw!

Children write about how their hand feels or another body trick and draw a picture.

