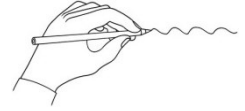




Body tricks - Stop your hand from working

1. Match them up!

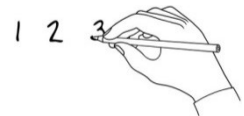
Match the words with the definitions.



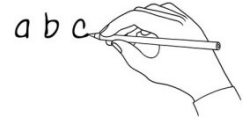
blood supply	to hold and press something very hard
a thumb	not able to move
to squeeze	how much blood can get to a part of your body
stuck	the short, thick finger on the side of your hand
to flick	a sudden pain in a muscle that makes it difficult to move
a cramp	to move something with a short, quick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



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



3. Fill it in!

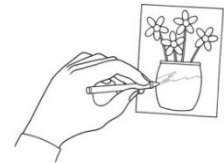
Watch the video. Complete the sentences.

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

4. Write and draw!

Try the trick! How does your hand feel? Do you know any other body tricks? Write about them and draw a picture!



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