

Hand in Water Activity

Note any sensation changes that occur and the time at which they occur. Sensation changes could include cold, burning, pain, tingling, stiffness, or numbness.

Time	Sensation

Discussion Questions

1. How long did you stay in the water? _____
2. Did you make it to feeling numb? _____ If not, why did you pull your hand out?

3. How do you think the pathway works for what you were feeling throughout the activity?

4. Why did some people last longer than others? _____

5. What were other changes that occurred to your body besides the pain/numbness in your hand? _____

6. What do you think occurs in your nervous system when people start to feel numb? _____

7. Why do athletes ice after injuries or a hard practice? _____
