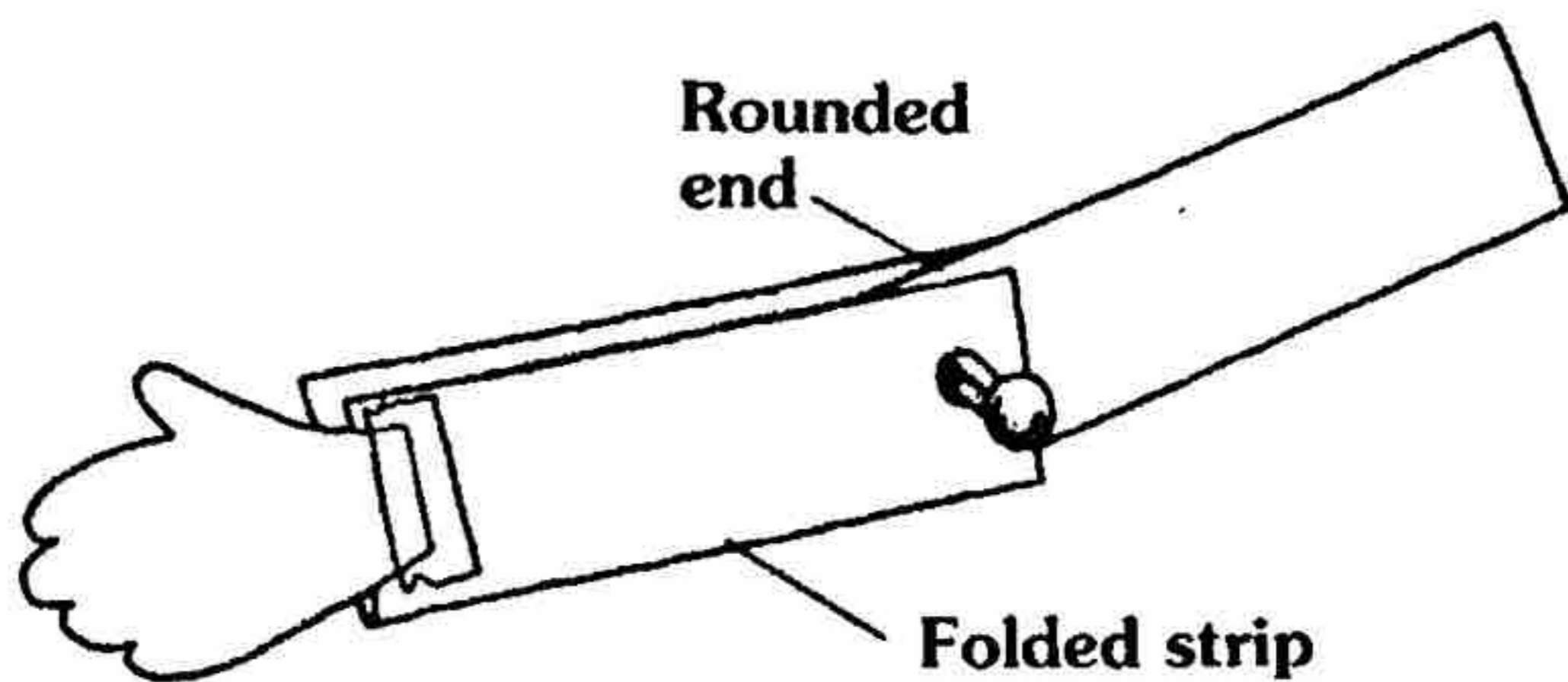
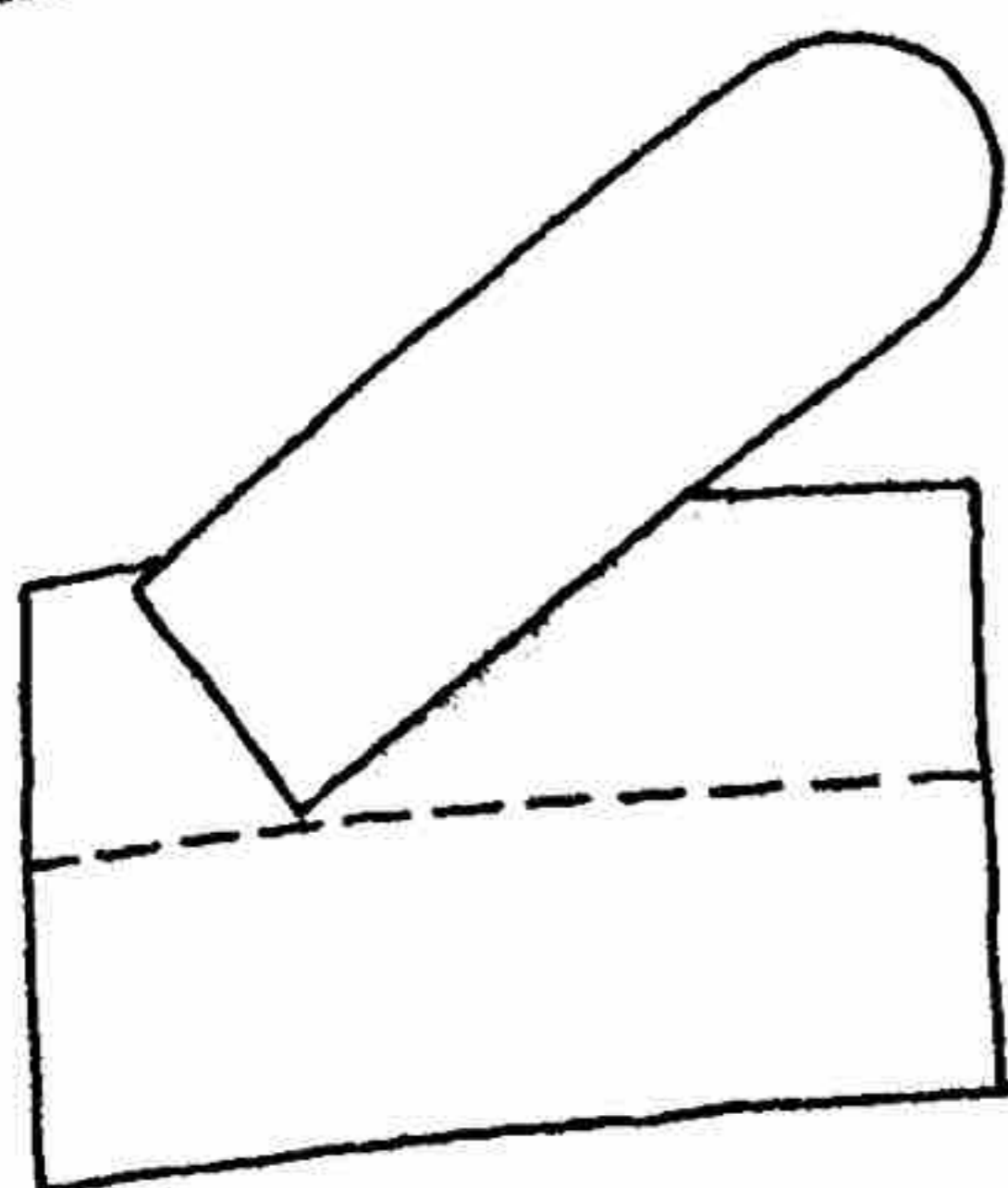


Make a model arm

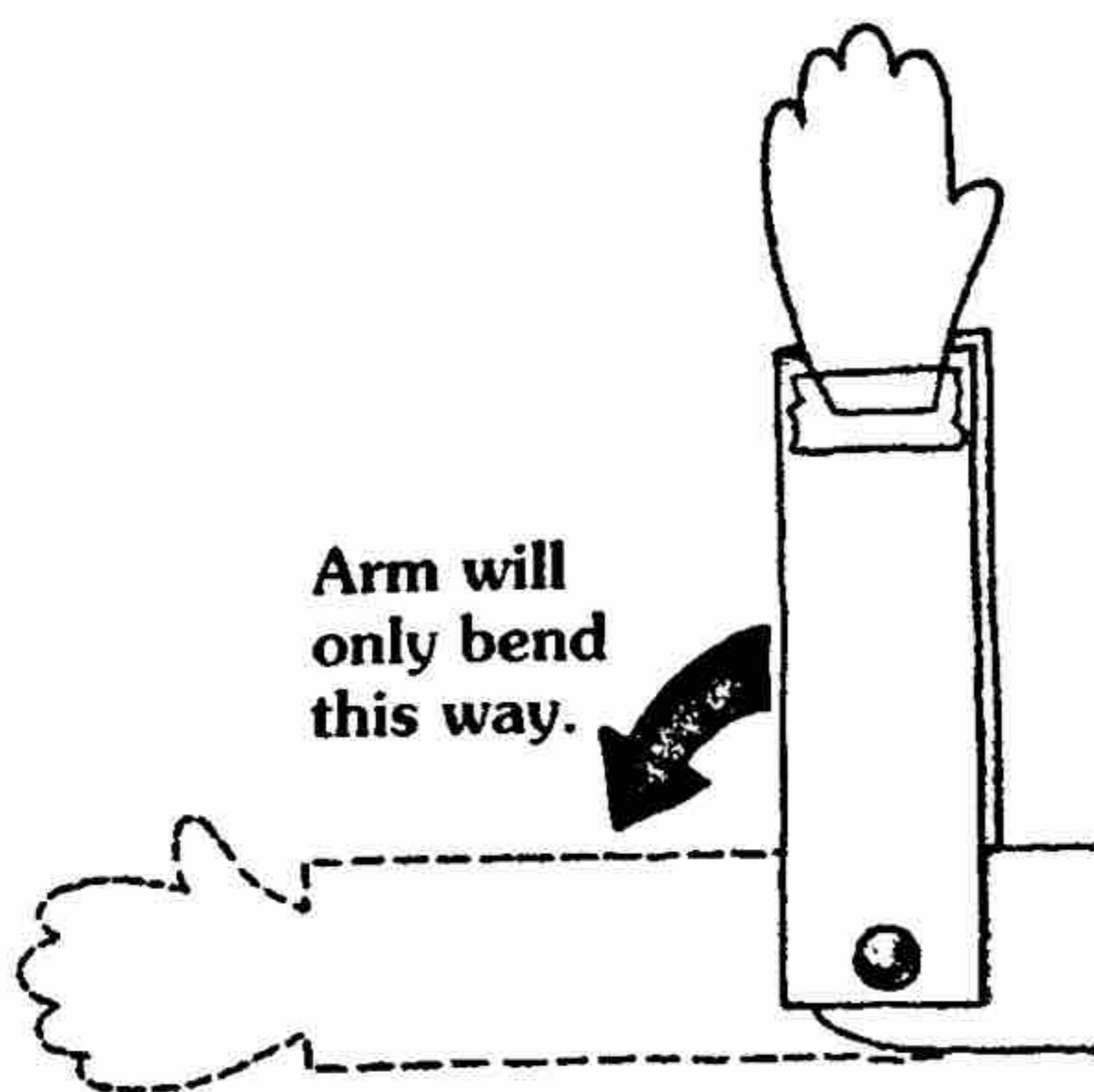
Many of your muscles work in pairs – like the strings on this model arm.

- You will need
- Cardboard
 - Scissors
 - Paper fastener
 - Adhesive tape
 - Thick string

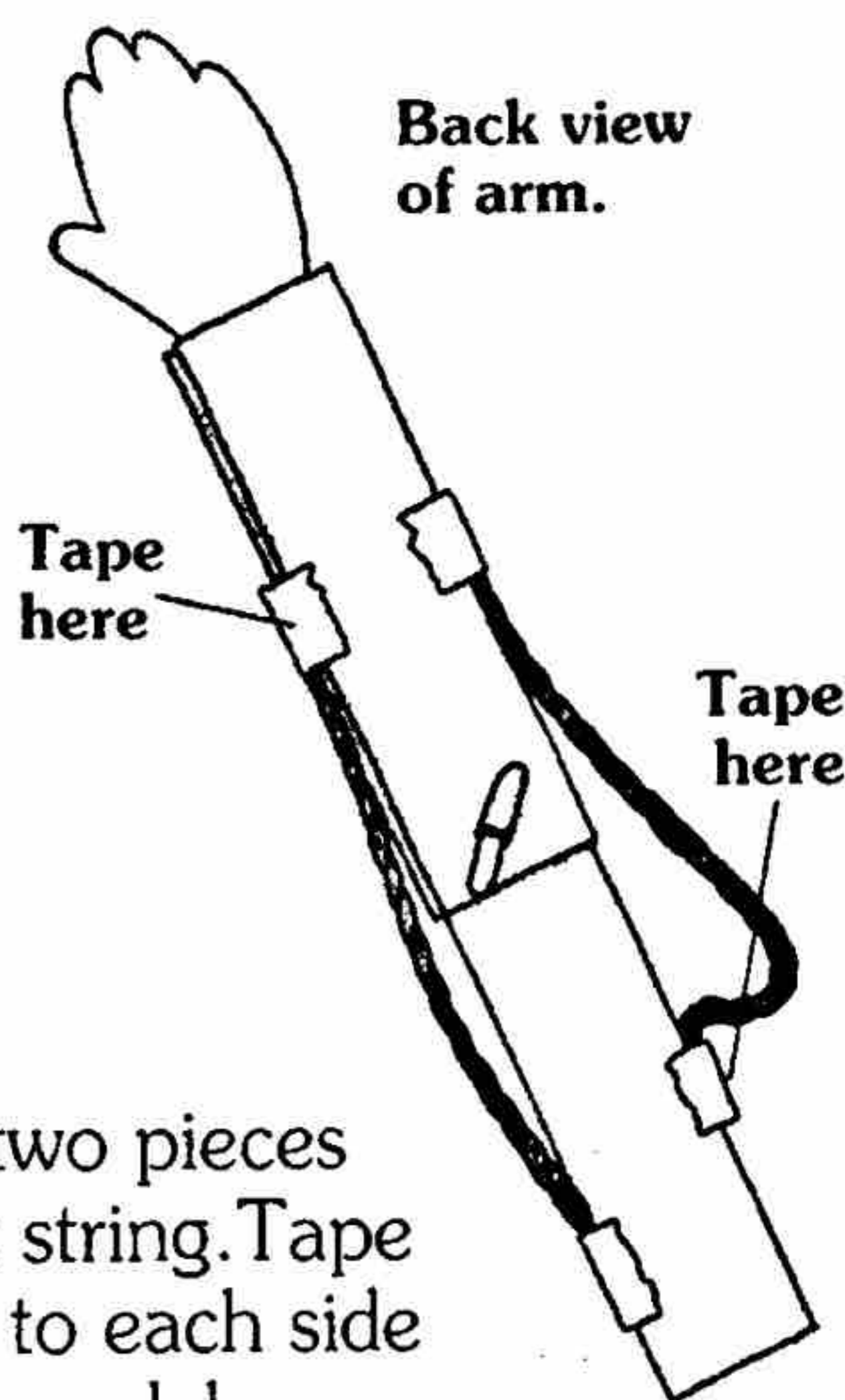


1. Cut two strips of cardboard, one twice as wide as the other. Fold the wide strip in half along its width. Give the narrow strip one rounded end.

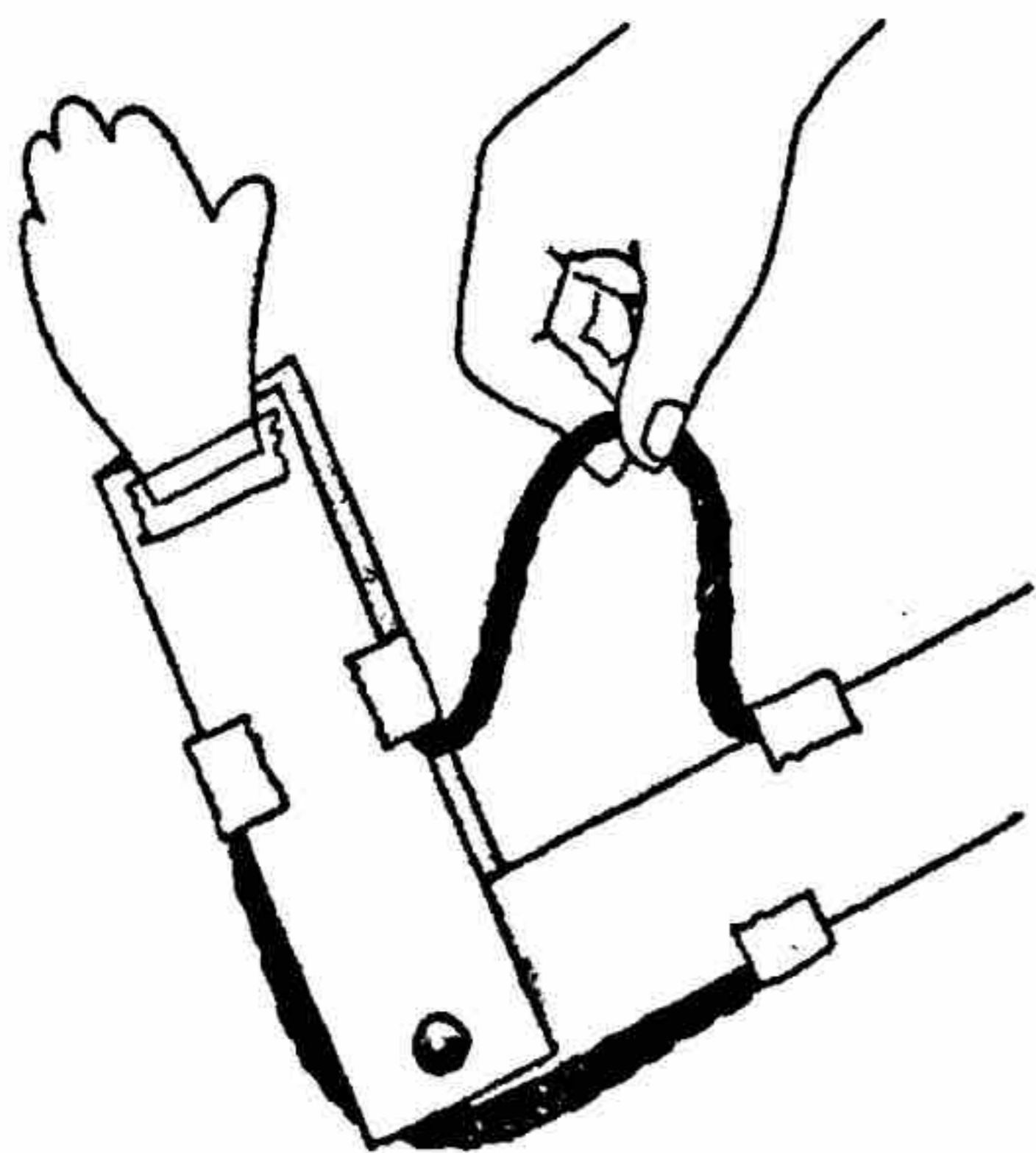
2. Put the rounded end of the narrow strip in the fold of the other strip and join them with the paper fastener. Tape a hand shape at the other end.



3. Try bending the model arm. If the paper strips have been joined correctly it should be able to bend only up and down, just like your own arm.



4. Cut two pieces of thick string. Tape a piece to each side of your model arm, as shown here.



5. When you have finished making the arm, pull one of the strings then the other. The arm should move. Can you see that it is similar to your own arm?

What happens?

The string on top of the model arm makes it bend. The string underneath makes it straighten.

The model works in the same way as the muscles in your own arm.

