

Test Your Dominant Side

Materials needed:

- This sheet
- Pencil
- Cup of water
- Soft ball
- Cardboard tube

Perform each test below and check if you used your left or right.

Test	Left	Right
Which eye do you use to wink?		
Look through the empty tube. Which eye did you use?		
Extend your arms in front of your body. Make a triangle shape with your fore fingers and thumbs. Bring your hands together, making the triangle smaller (about the size of a coin.) Find a small object in the room and focus on it through the hole in your hands using both eyes. Try closing just your left eye and then just your right, if your view of the object changed when you closed your left eye check left, if it changed when you closed your right eye check right.		
Which hand do you use to write?		
Pick up the cup of water, which hand did you use?		
Throw the ball, which arm did you use?		
Run forward and jump off one leg, which did you jump off?		
Drop the ball on the ground and kick it, which foot did you use?		

Add up your checks in each column. Which column had more checks?

The column with the most checks is your dominant side.