

Alcohol and Coordination

# Brain Coordination Demonstration

Supplies:

1. Activity Sheet

2. Pencil

3. 2 or more students

4. Table

Instructions:

1. Connect as many dots in part A as you can in ten seconds. Ask your partner to time you. Dots should be connected in number order.

2. Have a classmate spin you around 15-20 times. Then connect as many dots in Part B as you can in ten seconds. Again, ask your partner to time you.

3. Wait for 1 minute. Then connect as many dots in Part C as you can in ten seconds. Again, ask you partner to time you.

The dizziness you felt in Part B is similar to the way people feel when they have a few drinks. Think about what you have learned from this experiment.

Connecting the dots in Part C and D is similar to the way people feel when the liver is removing alcohol from the system. You may notice that other participants may recover more quickly and some are recovering more slowly from the brain and muscle coordination exercise.

# Demonstrate the visual response when alcohol is introduced

Supplies: Fatal vision goggles, ball, tape line.

Instructions:

Follow Instructions provided with Fatal Vision Materials to demonstrate the effect of alcohol on visual skills.

Alcohol affects vision quickly due to small muscles in the eye function.

Keep in mind that the Fatal Vision Goggles do not affect brain activity, so they can be adapted to skills by the student. As long as brain is functioning, it can adapt to unusual conditions.

The problem is that with this visual disruption the intoxicated brain cannot adapt due to lack of Judgment (experience and training). Judgment is one of the first brain functions affected by alcohol use.

**Losing Your Coordination Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Affecting Brain Processes)**

***Complete this activity under the supervision of a teacher or a classmate.***

Connect as many dots in part A as you can in *ten seconds*. Ask your partner to time you. Dots should be connected in number order.

**Part A**

 **2 4 6 8 10 12 14 16 18 20 22**

 **. . . . . . . . . . .**

**. . . . . . . . . . . .**

**1 3 5 7 9 11 13 15 17 19 21 23**

Have a classmate spin you around **15-20 times**. Then connect as many dots in Part B as you can in *ten seconds*. Again, ask your partner to time you.

**Part B**

 **2 4 6 8 10 12 14 16 18 20 22**

 **. . . . . . . . . . .**

**. . . . . . . . . . . .**

**1 3 5 7 9 11 13 15 17 19 21 23**

The dizziness you felt in Part B is similar to the way people feel when they have a few drinks. Think about what you have learned from this experiment.

Wait for 1 minute. Then connect as many dots in Part C as you can in *ten seconds*. Again, ask you partner to time you.

**Part C**

 **2 4 6 8 10 12 14 16 18 20 22**

 **. . . . . . . . . . .**

**. . . . . . . . . . . .**

**1 3 5 7 9 11 13 15 17 19 21 23**

Connecting the dots in Part C is similar to the way people feel when the liver is removing alcohol from the system. You may notice that other participants may recover more quickly and some are recovering more slowly from the brain and muscle coordination exercise.

Wait for 1 more minute. Then connect as many dots in Part D as you can in *ten seconds*. Again, ask you partner to time you.

**Part D**

 **2 4 6 8 10 12 14 16 18 20 22**

 **. . . . . . . . . . .**

**. . . . . . . . . . . .**

**1 3 5 7 9 11 13 15 17 19 21 23**

If you were not able to connect the same number of dots in ten seconds as in Part A, the participant may need to wait one more minute and try again in Part D. As in this exercise, alcohol affects the brain differently in each person. The time for recovery is dependent on many concerns rather than just the removal of the toxic chemical or the spinning sensation.

1. How did you feel when you were trying to connect the dots in Part A?
2. How did you feel when you were trying to connect the dots in Part B?
3. What would it be like to ride a bicycle feeling the way you felt in Part B?
4. How did you feel when you were trying to connect the dots in Part C and Part D?

Part C:

Part D: