

Hard or Soft? – Worksheet

Let's Connect

1. Work in groups of three. [Explore](#)

- Collect a hair band and a hot water bottle.
- **Touch, bend, stretch and observe** the materials. Do they return to their original form afterward?
- **a.** Mark the correct answers with a .

This is called making observations.



		hair band		hot water bottle
Is it hard ?				
Is it soft ?				
Is it stretchy ?				
Is it flexible ?				

2. Group the objects based on their properties.

	flexible		stretchy
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3. What can you **make** with materials that have these **properties**? Color the correct answer. Associate



Challenge

Dancers and gymnasts are very flexible and always stretch before exercising. How are the flexibility and stretchiness of our bodies related to the concepts on this page? Teach two important stretches to your class.