

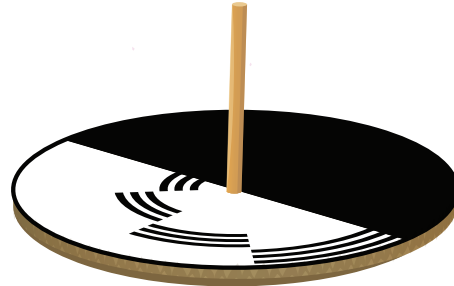


# MAKE A BENHAM DISK

Explore optical illusions with this fun activity – you won't believe your eyes!

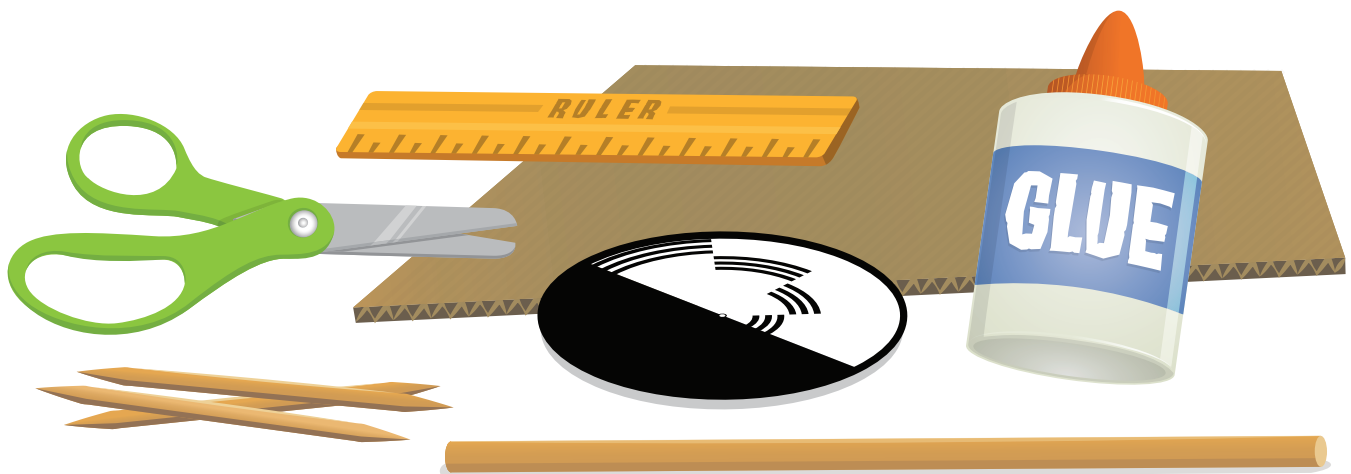
## WHAT YOU'LL NEED:

- Cardboard
- Scissors
- Ruler
- Glue
- Toothpick
- Dowel Rod
- Benham Disk template  
(you can also draw one using a sheet of paper and a black marker)



## INSTRUCTIONS:

1. Cut your cardboard to the size of the disk you will be using. You can cut out the Benham Disk template and use it to trace a circle on the cardboard, or draw a circle that is about 4 inches in diameter and cut it out.
2. Glue the template onto the cardboard. You can also draw the Benham Disk pattern on a sheet of white paper, cut it out and glue it to the cardboard if you can't print out the template.
3. Turn the cardboard over and find the middle of the circle by drawing an X.
4. Use the toothpick to punch a hole through the cardboard and the paper. If you have a dowel rod, you can stick this through the hole, otherwise you can use the toothpick.
5. Give your disk a spin, and pay attention to the side with the pattern – what do you notice? If the disk doesn't spin, try to make the hole a little larger.
6. This experiment works because it is an optical illusion! Not everyone sees the same things when it spins, so try it out with your friends! You can even try making different patterns with your black marker to see if it has the same effect.



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