

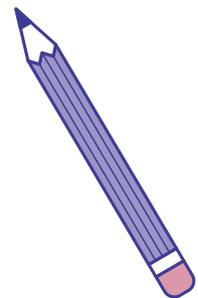
# The Stroop Test

## ACTIVITY SHEET

In the early 1930s, a psychologist named John Ridley Stroop discovered a strange thing called the “Stroop Effect”. He created an experiment called the Stroop Test, which uses colours and words to show us something interesting about how our brains work.

### What you will need

- A stopwatch or timer
- This activity sheet
- Pen or pencil



### What to do

1. Look at the first group of colourful words. Now start the timer! Name the colour the word is written in. Do **NOT** read the words. Say the names of the colours out loud as quickly as you can. Write down how long it took for you to get all the colours correct, in the table below.

#### Word Group #1

**RED**

**BLUE**

**GREEN**

**YELLOW**

**PINK**

**ORANGE**

**GREEN**

**BLUE**

**GREEN**

**YELLOW**

**BROWN**

**RED**

**YELLOW**

**BLACK**

**ORANGE**

### Joke

**Q: What colour is the wind?**

**A: Blew!**

### Did you know?

Only 2% of the human population have green eyes!

2. Now look at the second group of colourful words – start the timer again! Name the colours but do **NOT** read the word. Do it as fast as you can! This test may be harder, so try your best. Write down how long it took for you to get all the words correct, in the table below.

**Word Group #2**

**RED**

**BLUE**

**GREEN**

**YELLOW**

**PINK**

**ORANGE**

**GREEN**

**BLUE**

**GREEN**

**YELLOW**

**BROWN**

**RED**

**YELLOW**

**BLACK**

**ORANGE**

3. Compare the two times against each other. Is there a difference? Can you do the tests again, but faster? Try it out with your friends or family to see who can do the Stroop Test the fastest!

Word Group #1	Word Group #2
Time taken:	Time taken:
Time taken:	Time taken:

**What’s going on?**

Your brain probably feels very confused, but this is what happens with the Stroop Effect! After we learn to read, recognising words becomes an automatic behaviour. As a result, reading is something our brains can do much quicker than recognising colours. So, we find it harder to say the colours but easier to just read the words!

**Don’t forget to take photos and share your results on social media with #ScitechAtHome**



**Joke**

**Q: What do you call a funny colour changing lizard?**

**A: A stand-up chameleon**

