

Full Bladder Activity Instructions

Purpose:

The purpose of this activity is to make students aware of the abilities of the bladder to enlarge, and then return to its original size as urine is stored and then released.

Materials:

- One balloon per group of 3 students (or just one if used as a demonstration)
- A faucet for water
- A two cup measuring cup

Procedure:

1. Discuss the fact that an adult bladder can hold about a pint of liquid waste (urine) before having to be emptied. Display the two-cup measuring cup. Explain that two cups equals one pint. This helps students visualize about how much a pint is.

2. Elicit responses from students as to how they know they need rid their body of urine. Responses may be the full feeling and clothes feel tight.

3. Carefully group students with three RESPONSIBLE students in each group. Discuss the job of each group member:

Student #1 - Hold the balloon on the water faucet.

Student #2 – Hold the measuring cup with the flat balloon in it.

Student #3 – Turn on the water and fill the balloon until it fills the measuring cup.

Allow one minute for group members to decide on job responsibilities.

Confirm that students who cannot behave appropriately while conducting the science demonstration will not be allowed to participate.

4. Carefully remove the balloon holding the opening tightly to eliminate spills. All group members should have the opportunity to feel the full balloon (bladder).

5. The balloon holder then empties the balloon into the sink (or toilet if one is in the classroom).

6. Compare the size of the balloon (bladder) when full and when empty. The wet balloon is then discarded into the trash.