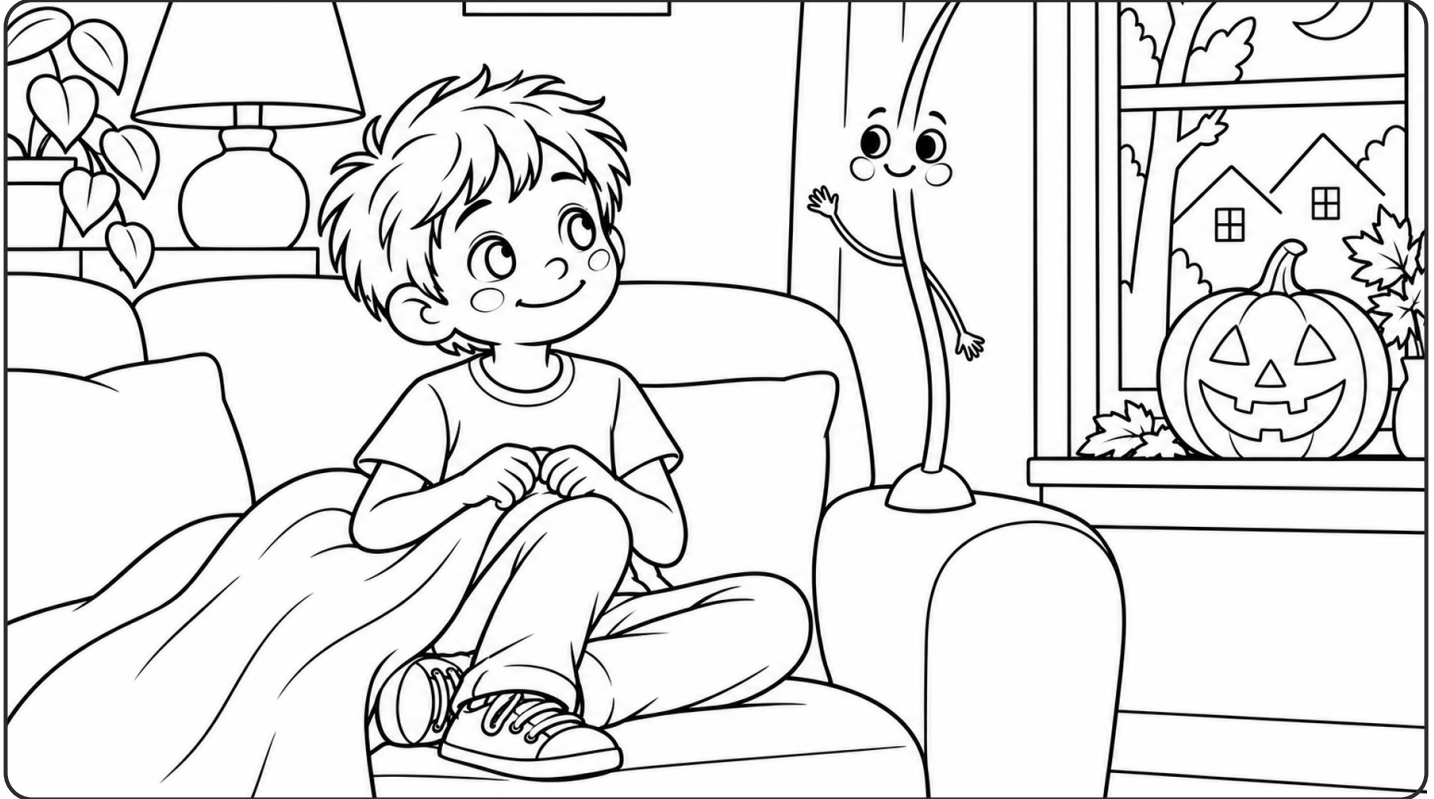


Why do we get goosebumps when we're scared?



You hear a spooky story, and suddenly little bumps pop up all over your arms, and your heart goes thump, thump, thump! Why does that happen?



Why?

1. At the bottom of every tiny hair on your arm, there is a tiny muscle.

When you get scared, or cold, that muscle pulls. The hair stands straight up, and the skin around it gets pushed up into a little bump.

2. Thousands of little bumps pop up together.

Thousands of tiny muscles pull at the same time. People call the bumps goosebumps, because your skin looks like the skin of a goose with its feathers plucked.

3. And the thumping heart? Your brain rings a little alarm.

It sends a message called adrenaline racing through your blood. Your heart pumps faster, you breathe faster, and your muscles get ready to run or jump. When your brain sees it's just your friend in a costume, the alarm turns off and the bumps go away.

Try it! Watch your arms

You need: bath time and a grown-up

1. After a warm bath, step out into the cooler air.
2. Look closely at your arms.
3. Can you see the tiny hairs stand up and the little bumps appear?

What happened? Cold makes the tiny muscles pull, just like a scare does.

Video + more questions:
whywhywhykids.com/goosebumps



scan with a grown-up