Bone strength demo:

Using 5 x 7 inch notecards, construct a cylinder, a square-shaped cylinder, and a triangular shaped cylinder by taping the short sides (5 inch) together and by folding the cards into the appropriate shapes. You will need to crease the cards for the triangle and square shaped cylinders.

Have students predict which shape will hold the greatest number of textbooks and then test them. Leave the cylinder for last if you would like-our record is 7 textbooks for the cylinder!!