Ask your students to stick out their tongues. Ask if they can roll their tongue up. Some will be able to, and some won’t. Explain that it’s all a matter of what genes you have – it’s a genetic ability that varies from person to person. People who can roll their tongues don’t have better genes, or better tongue muscles, just different genes!

Ask your student to clasp their hands. Ask them to notice which thumb is on top. Some students will have their left thumb on top some will have the right thumb on top. Chances are this is how they will clasp their hands every time. Another genetic variance!

For more information about psoriatic disease, resources and support services, visit Our Spot (psoriasis.org/our-spot). You can also contact the National Psoriasis Foundation’s Patient Navigation Center at 800-723-9166 and education@psoriasis.org.