Endocytosis/Exocytosis Class Activity

- Have the class stand in a circle and hold hands (represents the cell membrane)
- Have a group of about 3-4 students stand outside of the large circle and form their own small circle. (Represents a large molecule that cannot diffuse across the membrane).
- Now tell the small group to enter the large circle.
- Tell the students of the large circle that they cannot let go of each other’s hands to let the molecule in. The molecule is too large to diffuse across the membrane and cannot be pumped into the membrane.
- Ask the students to try and figure out how to let the large molecule into the cell.
- Give the students about 5-10 minutes to try and figure out how to proceed before showing them.
  - To let the large molecule into the cell, the students forming the cell membrane should have formed a vesicle around the molecule similar to endocytosis.
  - Once the students have performed endocytosis correctly, tell them to now remove the molecule from inside the cell in the same way demonstrating exocytosis.