

Flex sensor

A flex/bend sensor measures the amount of deflection or bending.

Usually, the sensor is attached to the surface of your project and the resistance of elements within the sensor is varied by bending. Then the device returns a resistance value depending on the amount of bending.

This fun video about [Flex sensor](#) makes your doubts "bow" to more knowledge and it suggests a nice project with arduino.



eCraft2Learn H2020-731345 - UEF.

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This project has received funding from the European Union's Horizon 2020 Coordination & Research and Innovation Action Under Grant Agreement No 731345.