People as random number generators

There is evidence to suggest that human beings are not very good random number generators. In this activity, you will investigate this phenomenon by collecting and analyzing a set of human generated "random" digits.

Each member should ask 40 different people to pick a number from 1 to 10. They can pick 1 or 10 if they want. Record the responses.
Ask those same people to then pick 3 numbers from 1 to 10. They could pick all three numbers the same, or different numbers, however they want.
Now have them pick a number from the range 1 to 30. Again, they can pick 1 or 30 if they want.
Finally have them pick three numbers in the range 1 to 30. Again, they could pick all three numbers the same, or different numbers, however they want.

(there should be 4 different data sets.)

Combine the responses you collected with those of the other members of your group to form a single sample. Summarize the resulting data in a one-way frequency table.
If people were adept at picking numbers at random, what would you expect for the proportion of the responses in the sample for each number? Do a χ²-squared analysis on the data.

Create a histogram for the pick one numbers, and the pick three numbers. Comment on the shape of the distributions, especially the differences. Why do you think the distributions are this way?

Do you think this should affect the way we set up ballots for political elections? What about surveys? Anywhere else this might have a bearing?