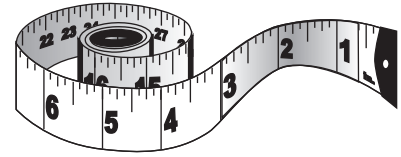


Measure Me



Measurement Activity 5:

What are your body measurements?

Work with a partner to measure your head, your waist and the length of your arms, legs, hands and feet.

Record your measurements on the 'Measure Me' worksheet.



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MEASURE ME

Name: _____

Are you a square or a rectangle?

Measure your height: _____

My arm span is _____

Do your measurements form a square or a rectangle?

My measurements form a _____

Use a tape measure:

- Measure around your forehead
- Measure around your neck
- Measure around your thigh
- Measure around your calf
- Measure around your waist

Did you know?

- A female blue whale measures about 33 m in length.
- A blue whale calf measures about 6 - 7 m when they are born.

Measure your arm length

Measure your upper arm

Measure your forearm

My whole arm measures _____

Measure your hands

Measure your hand length

Measure your hand span

Measure your leg length

Measure your thigh

Measure your lower leg

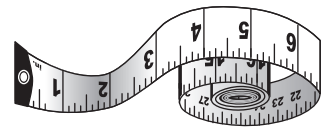
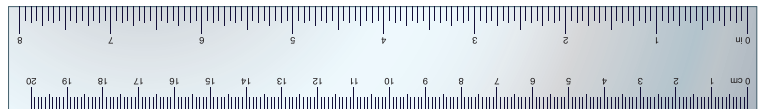
My whole leg measures _____

Measure your feet

Measure your foot length

Measure your foot width

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What measuring devices will you use?

