

Measuring Me!

This is an activity for one or more players.

Goal:

Measure parts of the body with a measuring worm.



You will need:

- A measuring worm(s) - printed or drawn
- A container
- Body part names - printed or written on paper
- Pen/pencil or printer
- Scissors

What to do:

1. Draw or print a measuring worm(s). Use scissors to cut along the edge of the measuring worm.
2. Write or print the words leg, arm, foot, nose, finger, and hand on paper. Cut with scissors so there is only one word on each piece of paper.
3. Place the body part name words in a container.
4. Take a name from the container and measure that body part on yourself. How many worms will fit end to end along the part of the body you measured?

Different ways to play:

1. If playing with a partner, consider putting several different-sized measuring worms in one container and the body part names in another container. On each turn, one player draws a body part name and both players pull a worm from the container. Each player measures their own body part with their measuring worm. Then compare. What do you notice? Did each player come up with the same number of worms when measuring? Why do you think so?
2. Use three different worms to measure with each time you select a body part to measure. What do you notice?
3. Trace the outline of your child's body on a large piece of paper. Have your child use different-sized measuring worms to measure the length of their leg, foot, hand, arm, finger, or their whole body. What do you notice? When you used a different-sized measuring worm, did you count the same number of total worms when you measured your body parts? Why do you think so?



Directions:

Print and cut out the body part names and the measuring worms or create your own.

Leg
Nose
Arm
Hand
Finger
Foot

