



MY BODY – HOW TALL AM I?

Materials you need:

- Measuring tapes
- Brick wall or fence
- Chalk

Setup for play:

- Encourage the children to take turns lining up against the fence or wall while a friend uses the measuring tape to measure their height.
- Show the child doing the measuring how to start at the bottom with lowest number and stretch tape up to top of the other child's head.
- Read out the number measurement and use the chalk to write child's name and measurement on the fence or wall.
- Continue until all children have measured and recorded their height.
- Walk along the wall together and compare heights.

What are they learning with this activity?

As the children measure and record their heights they are learning to:

- Recognise symbols and how things can represent other things
- Strengthen fine motor muscles, visual motor integration and control
- Use descriptive language to discuss how tall they are
- Become aware of connections, similarities and differences between people
- Explore the unique aspects of their identity through simple actions and play

- Demonstrate eye-hand coordination and dexterity needed to manipulate objects like measuring tapes.
- Practice counting and recognise numbers
- Measure and compare length
- Write numerals and practice writing skills and mark making
- Use observational skills

Extending the play:

- Build towers using blocks and other materials then measure heights and record in notepads. Who was able to build the tallest tower?
- Measure hand and shoe sizes and discuss concepts of big and small. Try on different shoes you have collected from the op shop as well as the children's own shoes to make comparisons.
- Brainstorm other materials you could measure with – what about wool or twine strings?

