How do you MEASURE UP?





BODY MEASUREMENT Detectives

Use a measuring tape or a ruler to see what patterns you can discover about your amazing body!

1 How tall are you?



Stand up straight with your back against a wall. Measure from the top of your head to the floor.

My height: _____ cm

FUN FACT:
Your height is influenced by your DNA, but also by things like nutrition, sleep and your overall health.

2 What's your arm span?

Stretch your arms out to the sides like an aeroplane. Measure from the tip of one middle finger to the tip of the other.

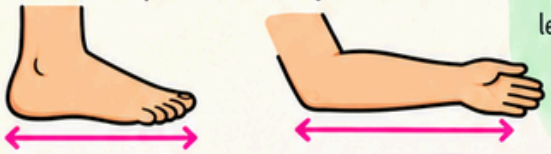


My arm span: _____ cm

FUN FACT:
Your arm span is often close to your height. Is yours longer, shorter or the same?

3 Foot vs Forearm

Measure the length of your foot (from your heel to your longest toe). Then measure your forearm (from your elbow to your wrist).



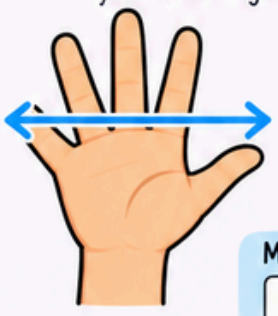
My foot length: _____ cm

My forearm length: _____ cm

FUN FACT:
Body parts grow at different rates. For some people, their forearm length is similar to their foot length. Is yours?

4 Hand span

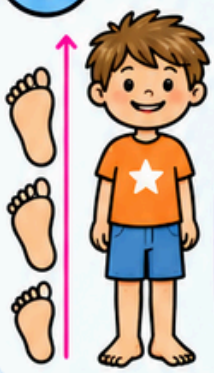
Spread your fingers as wide as you can. Measure from the tip of your thumb to the tip of your little finger.



My hand span: _____ cm

FUN FACT:
Hand sizes and shapes vary a lot. There's no one "right" size – compare your hand span with a friend's!

5 How many feet tall are you?



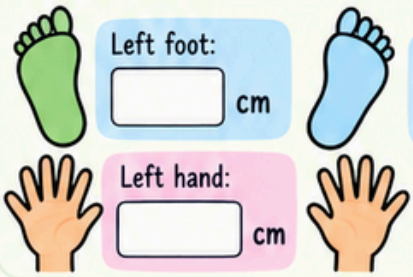
Divide your height by your foot length. This tells you how many of your own feet tall you are!

I am about: _____ feet tall!

FUN FACT:
People are usually between 5–8 of their own feet tall, but this can vary with age and body proportions.

6 Left vs Right

Measure both your left and right foot. Are they the same size? Measure both hands too! Are they the same size?



Left foot: _____ cm

Right foot: _____ cm

Left hand: _____ cm

Right hand: _____ cm

FUN FACT:
It's normal for one foot (or hand) to be a little bit bigger than the other!

MY DISCOVERIES

1 My arm span is...

_____ cm

- ☐ longer than my height
- ☐ shorter than my height
- ☐ about the same as my height

2 My closest match was...

- ☐ My height and arm span
- ☐ My foot and forearm length
- ☐ My left and right foot (or hand)
- ☐ Other: _____

3 The biggest surprise was...

_____

_____

_____

_____