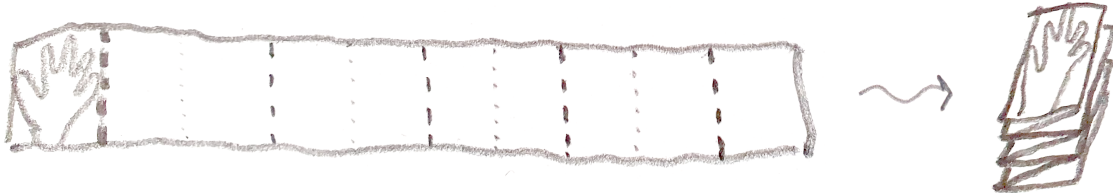


BODY MEASURES

1. **Draw** around your body or body parts (e.g. hand, head, leg, foot) on a large strip of paper. You can ask for help if you want to draw around your whole body.
2. **Fold** the paper into a *concertina*, using alternate *mountain* and *valley* folds. Make sure your drawing is touching the 2 folded sides, so when you cut out it will stay connected as a chain.



3. **Cut** around your drawing, you can ask a grown-up for help.
4. **Measure** things using your cut-out body ruler. You can try folding up your 'ruler' if the object is smaller.
5. **Notate** your findings on this worksheet.