



# NUMBERS TO GROW ON

**Age Group:** 4-6

**Purpose:** To have the children realize that some numbers can be very important to them as individuals.

**Materials:** A large calendar showing 12 months, a spool of yarn, a pair of scissors, a yard stick or ruler, and “Measuring me” worksheets or charts.

**Procedure:** Talk about age by years and months; such as 5 years and 7 months, or 6 years and 1 month; and so on. Take the yarn and make comparisons; measuring your head circumference comparing it to their head circumference. Do the same with measuring the length of arms, legs, waist, feet, chests, etc. Allow them to see the visible differences in the length of each body part’s measurement using the yarn for your

measuring tool. Cut each piece of yarn, placing the measured yarn on or near the corresponding body part on the “Measuring Me” chart. Your “Measuring Me” chart is simply a chart with a head, neck, shoulders, arms, chest, waist, hips, legs, feet; drawn on it. A line is extended from each body part and here is where you record the inches you measure each week or each month you repeat this activity (showing growth).

**Label the different areas:**

Around my head, above the ears

From my shoulder to my wrist;

From my elbow to my wrist;

Around my waist; from my knee to my ankle;

From my heel to my big toe; and so forth.

Measure yourself using the yarn first, and then use a ruler or yardstick to measure each strip of yarn. Ask a friend or your parents to help you if needed. First, measure around your head, above the ears. Put your finger on the string where it meets the other end. Hold tight! Cut the string. Put the string on the ruler or yardstick with one end at zero. What number is the other end of the string closest to? Record that number on the line of that chart. Include a date because you will use a different chart each time with a different date from the calendar. Check out a sample *Measure Me* chart below. You can draw your own, making it more personal. Remember, you will need a different chart for each time you take your measurements.

# Measure Me Chart

My Name: \_\_\_\_\_ Date: \_\_\_\_\_

