



Learning at Home

Support

HOW TALL AM I?

Ages
5-8

Learning activity



What you will need:

- tape measure
- adhesive wall tape
- lead pencil.



What to do:

It is common in many families to set aside a door frame or piece of wall to track the children's height as they grow. Children enjoy discovering their new height. You can make this a permanent feature by sticking a tape measure to the wall.

1. Attach a tape measure to a wall, door frame or door.
2. Talk to your child about tracking their height as they grow.
3. Make a pencil mark next to the tape and record the date with your child's name. They can check their heights themselves over time.
4. Compare your child's height with other family members. Use words such as *tall*, *taller*, *tallest*, *short*, *shorter*, *shortest*, etc.

Taking the learning further:

5. Talk to your child about the markings on the measuring tape. Explore how the tape measure is like a ruler, a set of bathroom scales or a measuring jug.



What learning is happening:

Children will learn important ideas about measurement. They will learn to compare their height over time and with others.



Links to more information:

- [Learning at home](https://www.education.tas.gov.au/parents-carers/learning-at-home/)¹ on the Department of Education website

¹ www.education.tas.gov.au/parents-carers/learning-at-home/