F-2 Dance Resource: Body Length Height Width

**[Jen]:** As an exercise with the students, they can measure different body parts that may include the wrist, head, hip to knee, and arm.

Give the students time to compare the different widths and lengths.

Children can learn more about their body through active exercise.

When we were looking at posture, I asked David to stand as tall as who he is.

I'm going to stand tall and ask David to measure my height.

**[David]:** OK, so starting at the top of the head, if you can hold that there... Thank you.

Taking the string down past the neck, along the backbone, past the waist, right down to your heels.

Good. Now I'll take the top of the piece of string.

And now you can see the length of your body in front of yourself.

**[Jen]:** So that is my height from my head all the way down to my heels.

Now I'm going to measure you.

**[David]:** OK.

**[Jen]:** Can you hold that at the top of your head?

Take it past your neck, down your backbone, past your waist...all the way down to your heels.

Now, can I get you to hold this in your fingertips?

**[David]:** Yep.

**[Jen]:** All the way down to the other fingertips.

And this is how we can measure our height and our width.

Maybe we could compare our heights.

If these are labelled and put into an envelope, they can repeat the exercise and compare at a later date.