

# My Measurements

NAME \_\_\_\_\_

For Questions 1, 4, and 6, use paper strips provided by your teacher to measure each distance.

*Example:*

For the first measurement of Question 1, wrap a paper strip around the base of your thumb and cut it to the appropriate length. Then, to find the distance around the base of your thumb, measure the length of the paper strip.

Record all measurements to the nearest centimeter.

1. Use paper strips to find the following measurements.

MEASUREMENT	LENGTH OR CIRCUMFERENCE
Around the base of my thumb	cm
Around my wrist	cm
Around my neck	cm
Around my waist	cm
Around my _____	cm

2. Have you ever heard this old saying?

*Once around the waist, twice around the neck;  
Once around the neck, twice around the wrist.*

Is this true for you? How do you know?

3. Using your table from Question 1, can you find other pairs of body measurements that are double or half relationships? What are they?

4. Use paper strips to find the following measurements. You may need to tape several strips together to find the longer measurements.

MEASUREMENT	LENGTH OR CIRCUMFERENCE
Top of my head to the base of my skull	cm
Width of my head	cm
Width of my shoulders	cm
Length of my forearm, elbow to wrist	cm
Length of my upper arm, elbow to shoulder	cm
Length of my shin bone	cm
Top of my head to my navel	cm
Top of head to tip of my fingers, arms at sides	cm
Your choice:	cm
Your choice:	cm

5. Can you find any measurements above that are equal, half, double, or one-and-a-half times the length of any of the other measurements? What are they?

6. Use a mirror or ask a partner to find the following facial measurements.

MEASUREMENT	LENGTH OR CIRCUMFERENCE
Pupil of eye to outside corner of mouth	cm
Upper lip to bottom of chin	cm
Width of nose	cm
Distance between eye and eyebrow	cm
Distance from pupil to tip of nose	cm
Width of eye	cm
Distance between nostrils	cm
Your choice:	cm

7. Can you find any measurements above that are equal, half, double, or one-and-a-half times the length of any of the other measurements? What are they?