

Body Measure

While it might be useful to have a tape measure with us at all times, it's not usually something we carry with us. In order to measure things on the fly we need to use something we do carry with us like our body parts. The first half of this exercise involves determining some standard lengths on parts of our bodies that are readily available for measuring with.

A. Some parts of our bodies provide us with useful information.

Use a ruler to help you measure the following things in inches or feet:

Body Part	Measure
Hand Width	
Hand Length	
Forearm (elbow to wrist)	
Foot	
Stride (from toe to toe or heel to heel)	
Arm Span (fingertip to fingertip) :	

B. Using a ruler, determine parts of your body that have the approximate lengths shown below.

Measure	Body Part
1 inch (1"):	
1 foot (1'):	
1 cm :	

C. Use your body part measures to help you find the approximate lengths of the following things around your home.

1. A pencil: _____
2. The length of the building you live in: _____ Building type: _____
3. The length of your (or a friend's) car: _____ Car type: _____
4. The height of a doorway: _____
5. The width of a doorway: _____

D. Use your body part approximations to help you draw the following lines.

1. Draw a line approximately 5 inches long.
2. Draw a line approximately 12 cm long.