

How Tall Are YOU?

A measurement activity inspired by "Taller"



"You'll grow when you grow — some people grow fast, while others grow slow."

— from "Taller" by Kikipd

Everyone grows at their own pace. Today, let's measure and celebrate YOU!

Part 1: Measure Yourself!

Grab a measuring tape or ruler. Ask a grown-up to help. Fill in your measurements below:

My height is _____ inches = _____ feet and _____ inches

My arm span (fingertip to fingertip) is _____ inches

My foot length is _____ inches

■ Remember: 12 inches = 1 foot | To find feet: divide inches by 12!

Part 2: Compare & Discover

1. Find a friend or family member. Are they taller or shorter than you? By how many inches?

2. How many of YOUR feet (foot lengths) does it take to walk across the room? _____ feet-lengths

3. Is your height more or less than 4 feet (48 inches)? Circle one: MORE / LESS

Part 3: Think & Grow

The poem says everyone grows at their own pace. Write or draw your answer:

What is ONE thing you are really good at — no matter how tall you are?



■ Fun Fact: A ruler is 12 inches (1 foot) long. Most kids grow about 2–3 inches every year!

"One day you'll look back and see you were growing, little by little, without even knowing." — Kikipd

