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Use Both Hands

Gather various objects from your learning environment, intentionally choosing items with different weights. Encourage children to measure the weight of objects by holding one item in each hand as they think about the object's weight. Prompt children to measure the weights of their objects. Use measurement words (ex: light/lighter or heavy/heavier) as you discuss.

For example:

- ◆ Light objects: feathers, cotton balls, yarn, etc.
- ◆ Heavy objects: rocks, blocks, water bottles, etc.

More Support: Narrate making measurements for children as they hold the two objects in their hands.

Prompt Children to Make Measurements

“You picked a cotton ball and a water bottle. Which object is lighter? How do you know?”

“This rock and this block are both heavy. What tool can we use to find out which one is the heaviest?”