Sizing It Up

Size-diversity Activity

Objective:
Encourage appreciation for body-size diversity.

Age:
8 years and older.

Length:
Approximately 10 to 15 minutes.

Supplies and Materials:
1. One Hula hoop for every group of 6 to 8 people. Use a permanent marker or a piece of tape to mark a line on each hoop.
2. One measuring tape for each group.

Activity Directions:
1. Divide participants into groups of six to eight. Distribute a marked hula hoop to each group.

2. Explain they are to complete the measurements you ask for using the hula hoop. One time around the outside of the hula hoop, from the mark back around to the mark, counts as one. Each measurement is a collective measurement for all the people in the group, not for each individual.

3. Share the measurement assignments (ideas below). As each person’s measurement is added to the hoop, the person will share one good thing about that body part. For example, while measuring feet, each person will say something good about what feet can do such as, “help me walk, let me ride my bike.”

4. When complete, have each group give their measurement and cheer. If you want to, you can total each group’s measurement for an all-group measurement.

5. Do not measure any body part that may cause uneasiness or embarrassment. Sample assignments include the following:

* measure all your feet from toe to heel – each person has two
* measure all your head circumferences – around the largest part of each head
* measure all your pinky fingers together – remember each person has two
* join hands and measure the circle – talk about your arms
6. Conclude by discussing how this fun activity helped us see that it does not matter if your foot is long or short, they are two of the many feet in the world. However, your feet are very important to you and they allow you to do many things.

**Take Home Tidbit**

Take home slip says the following:

“Ask me about how we used hula hoops to measure our feet at the WIN Kids Fun Day.”