



Daily Opportunities to Explore Measurement

Routines

Use routines as opportunities to notice and describe measurable attributes in English, children's home language, or both.



At mealtime:

"Do you want a big carrot or a small carrot?"

"Before your plate was full but now your plate is empty."

During diapering or dressing:

"You are wearing long pants."

"You are so tall! You can reach the sink without using the stool."

Play Time

While playing, notice, describe and ask questions about the weight, size, and height of different objects.



Provide containers of different sizes that can be stacked, nested, or filled, such as cardboard boxes, plastic food containers, or measuring cups.

Point out the measurable attributes of objects as children play, and encourage children to ask and answer questions.

"That book is heavy."

"You are building a very tall tower. It is almost as tall as you."

"Which box is bigger?"

Cooking & Baking

Allow children to cook or bake with you. They can help fill, stir, and pour—keep safety in mind.



Allow children to help you measure ingredients.

"Can you help me fill one cup with flour?"

"We need three spoons of filling for the empanada."

"We are going to weigh the sugar. We need to add two ounces of sugar to this bowl."

Reading Time

Use books to introduce children to measurement concepts.



When reading [Actual Size](#) by Steve Jenkins, discuss and compare the size of different animals in the pictures.

"Can you see how big the gorilla's hand is? Is your hand bigger or smaller?"

Engage in measurement activities after reading. For example, after reading *Actual Size*, toddlers may have fun comparing and measuring with the activity [Swallowtail size](#).

Review the [CPE website](#) for more books on measurement.