

Dimensions

This activity helps you to judge your own size using your eyes.

Step 1. How tall am I?

Your helper stands across the room about 3 to 4 meters away, facing you. They will hold up a piece of dowel or a broomstick so that it is horizontal (parallel to the floor). They will start with the stick above their head and gradually lower the stick, keeping it horizontal. You have to tell them when you think the stick is the same height as you - so you could walk under it and it would just touch the top of your head.

1. Your helper will begin to lower the stick - you need to tell them to stop lowering it when you think it is the same height as you.
2. Take a medium size step forwards, so you move about 50cm closer to the stick
3. Check the stick height again - if you feel it is not the same height as you and it should be lowered more, or raised higher, tell your helper to move the stick up or down. Tell them again when to stop when you think it is the same height as you.
4. Take another medium size step forwards, closer to the stick.
5. Check the height again and tell your helper to move the stick up or down if you feel it is still not the same height as you.
6. Walk toward the stick until you reach it so you can check if you have judged your height correctly.

Notes for helpers:

When this activity is first attempted the stick is usually located too high and they will walk under it, so it is well above their head. With practice, they will become much more accurate.

Step 2. How high is my, chin? waist? nose?

Your helper again holds the stick horizontally about 3 meters away from you. Now you have to judge the height of other parts of you, such as:

1. Nose
2. Chin

Turning on Your Brain 1

3. Shoulders
4. Elbows, when your arms are straight, by your sides
5. Waist
6. Knees

Again your helper lowers the stick and you have to tell them when it is at the correct height. Take a step forwards and check again and tell your helper to modify the height of the stick if you feel it is not correct. Take another step and check again. Then walk towards the stick to check if you have judged correctly.

Notes for helpers:

You can sometimes start with the stick at floor level and raise it, rather than starting with the stick above you, so that they will tell you when to stop raising the stick.