(Above) Camera-controlled height adjuster

(Below) Script-controlled height adjuster

```csharp
1    using System.Collections;
2    using System.Collections.Generic;
3    using UnityEngine;
4
5    public class PlayerScale : MonoBehaviour
6    {
7        [SerializeField]
8        private float defaultHeight = 1.8f;
9        [SerializeField]
10       private Camera camera;
11
12       private void Resize()
13       {
14           float headHeight = camera.transform.localPosition.y;
15           float scale = defaultHeight / headHeight;
16           transform.localScale = Vector3.one * scale;
17       }
18
19       void OnEnable()
20       {
21           Resize();
22       }
23   }
```