Feet by the Foot™ measurement set is a great way to introduce measurement to children. The foam feet can be used to teach estimation and simple measuring skills. Each foot measures 12 inches (1 ft). One side has increments marked in inches, 1/4 foot, 1/2 foot, 3/4 foot, and 1 foot measurements. The other side is not marked so that children can use the feet as a non-standard unit of measurement. The foam feet are durable and safe for children of all ages to use.

What is a Foot?

Give each child or a group of children one foot. Instruct them to look around the room and write down anything they see that looks like the same size as the foot they have. Allow a few minutes for the children to write down a couple ideas. Then, tell them to check their answers by measuring the items on their list with the feet. Have them circle the items they predicted correctly. For the items that were not the same size as one foot, have them write down if it was smaller or larger. For a more advanced activity, you may ask them to write down the exact size using the increment markings on the foot. Afterwards, discuss the results.

Foot Hop

Line up all the foam feet heel to toe in a straight line. Ask a child to guess how many feet they can jump. Then, have them start from behind the first foot and jump along side the line of feet. Make sure they do not jump on the feet for safety reasons. Allow each child to have a turn jumping and record how far.
they jumped. Ask them if they think they can jump farther by doing a running jump. Record those results and compare with the child’s first jump. This activity should be performed in a safe place.

**Foot Path Estimation**

Ask children, “How many feet do you think it is from one side of the room to the other?” Tell children to estimate how many feet they think it will take. Find out the answer using the foam feet. Lay down one foot at a time heel to toe, starting at the one side of the room. Have children count aloud together each time a foot it placed. Continue counting until the other side of the room is reached. Repeat this activity with other distances, instructing them to measure in the same way. Next, ask if they can measure a distance that is not in a straight line, for example around a corner. Have children try to figure out a solution and discuss the results.

**Foot Math**

Give two groups of children six foam feet in which to measure different distances. Have each group share their total distance in feet. Write these two distances on the board and teach them how to add measurements. Point out that measurement can be added in the same way as a regular addition problem as long as the units are the same. Remind children that they need to write the unit of measurement with the answer. Practice adding other distances and objects together to reinforce this idea.