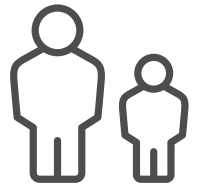


Light or Heavy



adult guided activity



ACTIVITY 1:

Find five non-breakable objects.

Ask the child to lift each object and place them in order from lightest to heaviest.

The child may need to place an object in each hand to compare their masses.

ACTIVITY 2:

Find five objects around the home that are light.

Find five objects around the home that are heavy.

Sort into light and heavy. Draw and label each item (you may need to help the child).

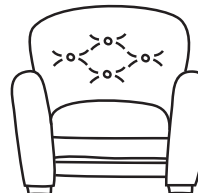
Also, discuss how the results will change, and why, if you did the task.

Light



clock

Heavy



chair

ACTIVITY 3:

Use kitchen scales to compare the masses of five fruits and vegetables.

Order from heaviest to lightest.

At this stage there is no need for the child to read the scale themselves, but you can still talk about how the scale works.