

## Directions:

1. Have your child pick up a bag of sugar that weighs 5 pounds and then have them pick up a bag of sugar that weighs 10 pounds so they can feel the difference. You can also use flour bags, weights, etc...
2. Use the family scale to make a record of everyone's weight.
3. First, have your child estimate what a person's weight will be and then have them jump on the scale.
4. Other fun ideas are to weigh the family pets and friends.

| Person or Pet | Estimate <br> Weight | Actual <br> Weight |
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