

# Energizers

## Millimeter, Centimeter, and Meter

### Instructions:

Have students line up around the perimeter of the room or stand at their desks.

1. Have students start with feet side by side and move one set of toes ahead of the other set of toes to represent millimeter or “small”.
2. Have students place one foot in front of the other to represent centimeters or “medium”.
3. Have students take one large step forward to represent meter or “large”.
4. Call out different measurements:  
Example – Move forward 2 centimeters, then 5 millimeters, then 1 yard.
5. Have all students move in the same direction.

### Variations:

1. Add directions (right, left, forward, back). Example: Move back 3 meters and right 2 centimeters.