

Making "Sit-and-Reach" Devices

To make the box, cut the following pieces, using any sturdy wood or $\frac{3}{4}$ " plywood.

4 pieces: $12" \times 12"$

1 piece: $12" \times 21"$

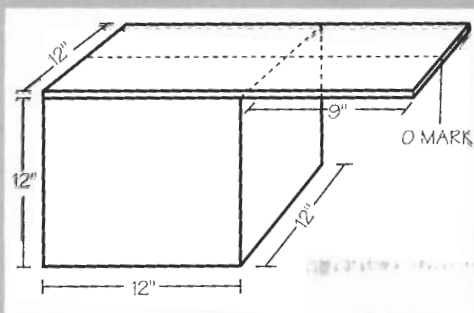
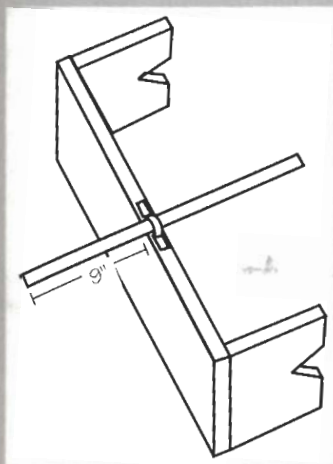
Assemble the pieces using wood screws and glue.

Inscribe the top panel with gradations so that the 9-inch mark is in line with the vertical panel against which the boy's feet are placed. The measuring scale should extend from 0 at the front edge to 21 inches at the far end. You may choose to simply tape a yardstick to the top panel.

As an alternative to the sit-and-reach box, tape a yardstick to the top of a bench. Or, tape a yardstick to the edge of a bench laid on its side so that the seat is the panel against which the feet are placed. Make sure to mount the yardstick so that the 9-inch mark is in line with the panel against which the feet are placed.



This sit-and-reach box is easy to assemble.



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