

## Exploring Weight: Heavier or Lighter?

### Key points

- In Reception (the first year of primary school), children begin to explore maths by comparing the weight of different objects.
- They learn to use words like 'heavier', 'lighter', and 'the same as' to describe what they find.
- Using a balance scale helps children see that the heavier side goes down and the lighter side goes up.
- Children are discovering that a larger object is not always the heaviest one.
- This hands-on play builds a foundation for more formal measuring and maths reasoning later on.

### Things to try at home

- Make a simple balance scale using a clothes hanger and two plastic cups or bags.
- Find two different toys and let your child guess which one feels heavier before weighing them.
- Compare a large piece of crumpled paper with a small metal spoon to show that size doesn't always mean more weight.
- While tidying up, ask your child to find something that is lighter than their favourite shoe.

### Find out more

- Your child's class teacher or the school's EYFS (Early Years Foundation Stage) lead.
- The GOV.UK website for information on the National Curriculum and early years frameworks.