

■ ‘Heavy’ and ‘light’ are about mass



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■ What we do and what it means

Mum: Is this too heavy for you?

Adele: I can carry it. It's only little.

When children are lifting and carrying things they will talk about ‘heavy and light’, and ‘big and small’.

Later, they will notice that the biggest thing is not always the heaviest or the smallest thing not always the lightest. Having lots of experience like this helps children understand about ‘mass’ (how dense something is).

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