Choosing units and instruments to measure length

Look at the following items. What would be the most suitable metric unit of measurement?

What instrument would you use for measuring? Have a go at estimating the measurement.

The first one's been done for you.

Object	Unit	Instrument	Estimated measurement
Height of a door	metres	tape measure	2 metres
Length of a skirt			
Width of a washing machine			
Size of a TV screen			
Size of a nail			
Length of an A4 pad			
Your waist measurement			
Length of your bedroom			