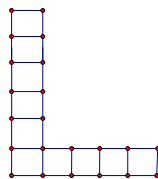


So we see that the bold outline is the same as the original square, so the perimeter is just $\boxed{36}$.

6. If square $ABCD$ has an area of 36 square meters, then its side lengths are 6. So $CB = CD = AD = BA = 6$. If E is the midpoint of AB , it cuts AB in half. We know $AB = 6$, so cut in half is 3. So then $BE = EA = 3$. Since rectangle $AEFH$ has an area of 36 square meters, and its width (EA) is 3, then we know that its length must be 12, because $12 \times 3 = 36$. So the perimeter of rectangle $AEFH$ is $3 + 12 + 3 + 12 = \boxed{30}$
7. If the area of the U-shaped figure is 176 square inches, and it is made of 11 equal squares, then we know that each square has area $176 \div 11 = 16$. So if each little square has area 16, then each side length is 4 (because $4 \times 4 = 16$). So each side length is 4. Carefully count how many side lengths there are, and we find there are 24 side lengths on the perimeter of the figure. So the perimeter is $4 \times 24 = \boxed{96}$
8. $\boxed{12}$
9. $\boxed{24}$
10. Draw a picture of 10 squares arranged into an L shape, like this.



The squares are unit squares, which means each side length is 1. So count the number of sides, and we find the perimeter is $\boxed{22}$