



All About Me: My Body

Children learn about their bodies through music, movement, and play.

START

- The goal of this activity is for children to learn about their bodies through doing the Hokey Pokey, and with puppet and stuffed animal/doll play.
- Set up the table with the puppets, stuffed animals, and dolls arranged in a welcoming way.
- Introduce the activity by asking Who would like to play a sing-along game? Does anyone know the Hokey Pokey?
- For younger children, you can use the puppets to welcome them to the activity. The puppets can say such things as I'm going to learn where my nose is when I do this dance! Do you know where my nose is?

NEXT STEPS

- Start the activity by having everyone (including the adults) stand in a circle. The activity leader will explain the song and lead it. You put your right foot in, you take your right foot out, you put your right foot in and you shake it all about, you do the Hokey Pokey and you turn yourself around, that's what it's all about!
- With the first few rounds, you may want to practice to make sure that everyone knows the correct body part and right or left side.
- For younger children, use the puppets or dolls on the table or floor to talk about their body parts. You (or the puppets) can say things such as Hi! I'm looking for my ear, have you seen it? Do you have an ear? There can be a lot of hands-on with this activity, and parents are encouraged to participate with their children.
- All of the children are welcome to play with the toys and puppets; older children may create dramatic play scenarios, such as a visit to the doctor.

FINISH UP

- Ask if any of the children want to add anything to the song or have a turn leading it themselves. For the final round, end with a great big Hey! And some high fives. You can say things like Hey, that was a great workout! Nice work everyone!
- Notice which children used the toys or puppets and which children created a dramatic play scenario. Follow up with those children by asking things like Did the kitty find her nose? Would you like to tell me about the lamb's visit to the doctor?

(continued on side 2)

MATERIALS

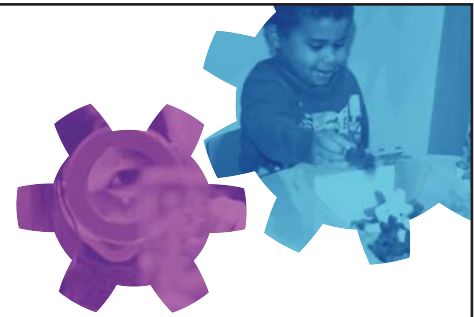
- * Assorted puppets, stuffed animals, and dolls
- * Space for children to move around

Learning Guideline:

Physical Development:
Build body awareness, strength, and coordination through locomotion activities.

Tip Sheets:

Be Healthy, Move



(continued from side 1)

EXPAND YOUR ACTIVITY

- Another great sing-along game is *Head, Shoulders, Knees, and Toes*. This is easier for younger children to do and can be done at 3 different speeds for variation: very slowly, medium, and very fast. For an extra challenge, the children can touch the opposite side of the body part (e.g., left hand touches right shoulder).
- Provide the children with an assortment of human and animal body and species reference books. Let the children look at the books and compare the pictures to themselves and to plastic animals or puppets. Compare different types of animals and people, and ask questions like Why do you think the anteater has such a long nose? What does an elephant do with its trunk? Can we do that, too?

TAKE IT HOME

- Body Match Game can be bought in a store or created from magazines or other sources. To make one at home, find a colorful full-view picture of a girl or boy to cut out. For pre-reading children, make up picture cards (either hand drawn or cut out from a magazine) of each body part. For a simplified version, you can just focus on the face. See if the children can match the pictures with the whole model. For older children, create text cards to match.
- Invite a group of friends and their children over for an informal music/movement dance party. Try out the Hokey Pokey; Head, Shoulders, Knees, and Toes; or, for very young children, Put Your Finger in the Air or Open, Shut Them.

BOOKS

- *Music & Movement—Learning Through Play* published by Scholastic, Inc.
- *The Great Big Book of Classroom Songs, Rhymes and Cheers* (Grades PreK-1) by Ellen Booth Church
- *Eyes, Nose, Fingers, and Toes* by Judy Hindley
- *From Head to Toe* by Eric Carle
- *Head, Shoulders, Knees, and Toes* www.youtube.com/watch?v=gFuZ6LPDYQc

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Funded by:
Department of Early
Education and Care
Race to the Top -
Early Learning Challenge Grant

