

Theme: My Body! Week 1

This document contains all of the activities for the theme My Body “for the age group “Big Littles.”

Have fun!

Questions or comments? Please email us at

[playconnecttoday@gmail.com!](mailto:playconnecttoday@gmail.com)

All activities require adult supervision!

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*Clip art images taken from: <https://publicdomainvectors.org> and <https://clipartsearch.freebusinessapps.net/>

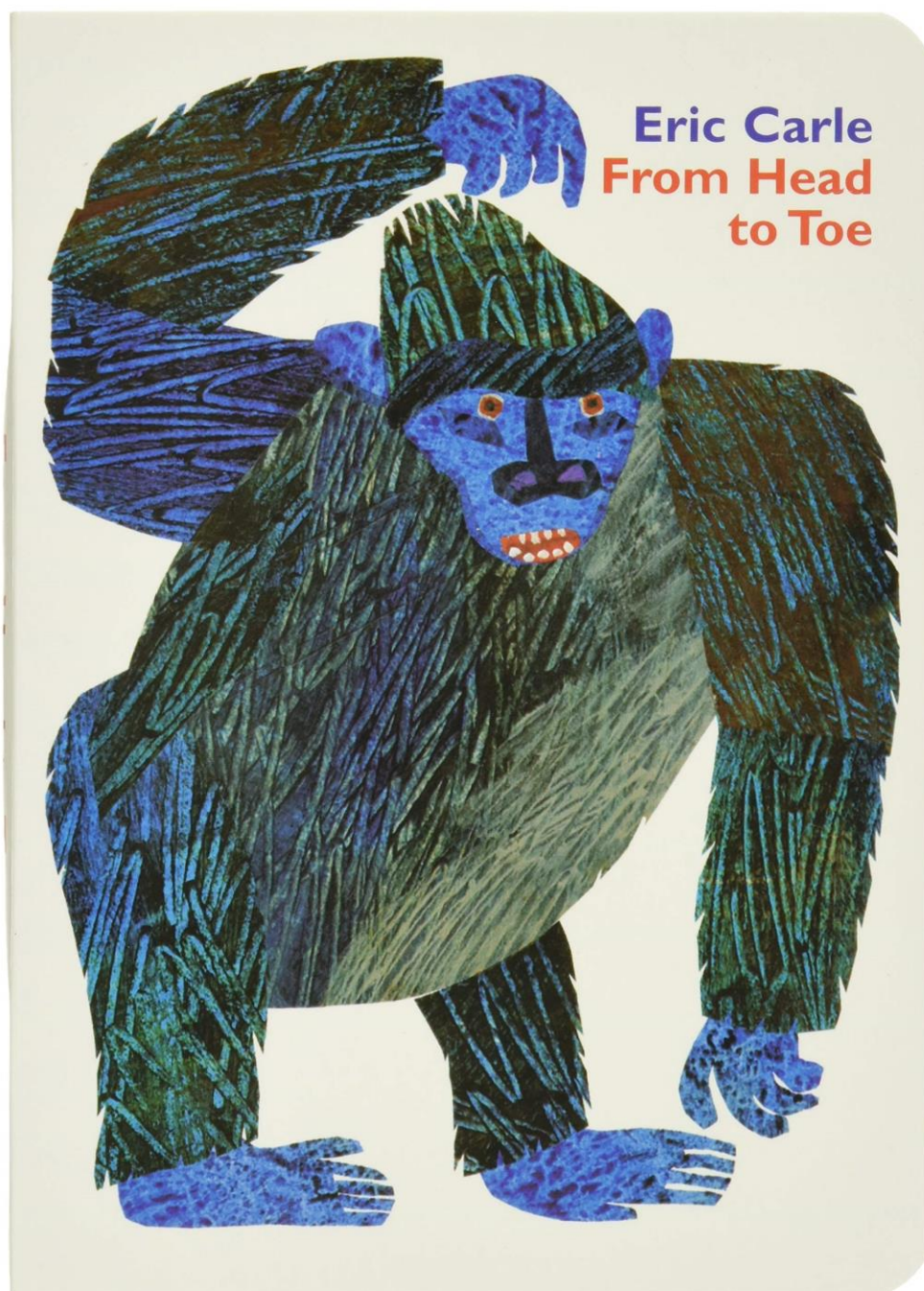
*Images used from: unspash.com

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Book Suggestion

(We highly recommend checking your local library for this book, however if you cannot find it-please see link on our “Theme extras” web page to purchase if desired or find another book that showcases my body)! -We suggest using the same book for two weeks as this really helps children gain reading comprehension of the book!



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Song Suggestion

I Can Move My Body

Written by: Play Connect LLC

I can move my body all around
I can even do it without making sound!

I can move my arms high in the sky
I can jump my legs from side to side
I can wave my hands as people go by

I can move my body all around
I can even do it without making sound!

I can wiggle my toes in the sand
I can nod my head to the beat of the band
I can smile my mouth nice and wide
I can push it down low when I cry

I can move my body all around
I can do it, can you without making sound?!

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Simple Vocabulary Words

These are optional vocabulary cards to show your child before reading the story to help with understanding. It is also a great idea to point out the words while reading the book!



HAND



FOOT

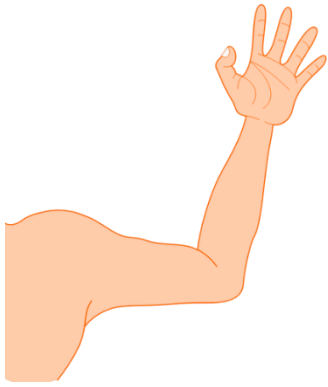


FINGERS

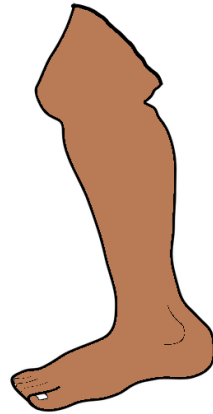


TOES

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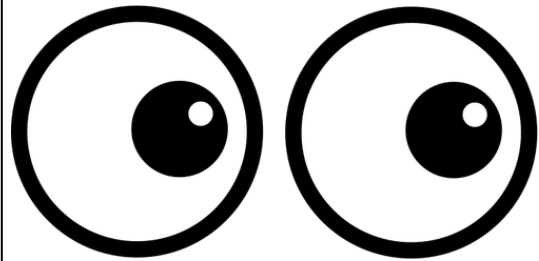
ARM



LEG



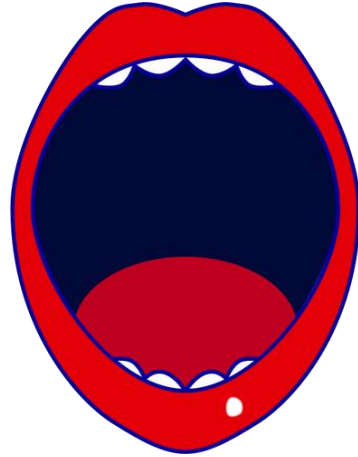
HEAD



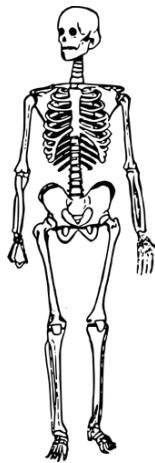
EYES



NOSE



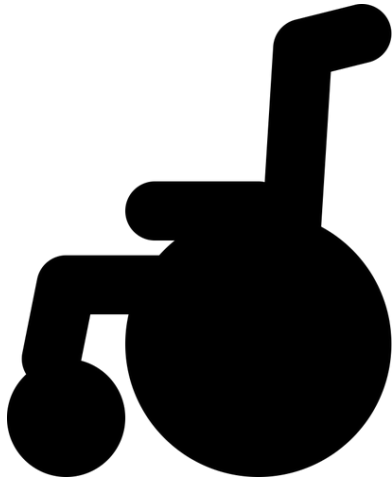
MOUTH



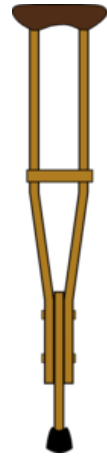
SKELETON



TEETH



WHEELCHAIR



CRUTCH



CANE

Art Project:

Outlining my Body

What you need for this activity:

*Sidewalk chalk

Directions:

*For this activity your child will draw themselves!

*To start ask you child(ren) to lay down on the pavement, face-up. Then trace them using the chalk.

**Depending on the age of your child(ren), they may be able to trace each other which is a great fine motor activity as well!

*Once their “outline” is complete, have them color themselves in, adding whatever body parts they know!

Fine Motor Activity:

Body Coloring Page

What you need for this activity:

- *Body Coloring Page
- *Coloring Utensils

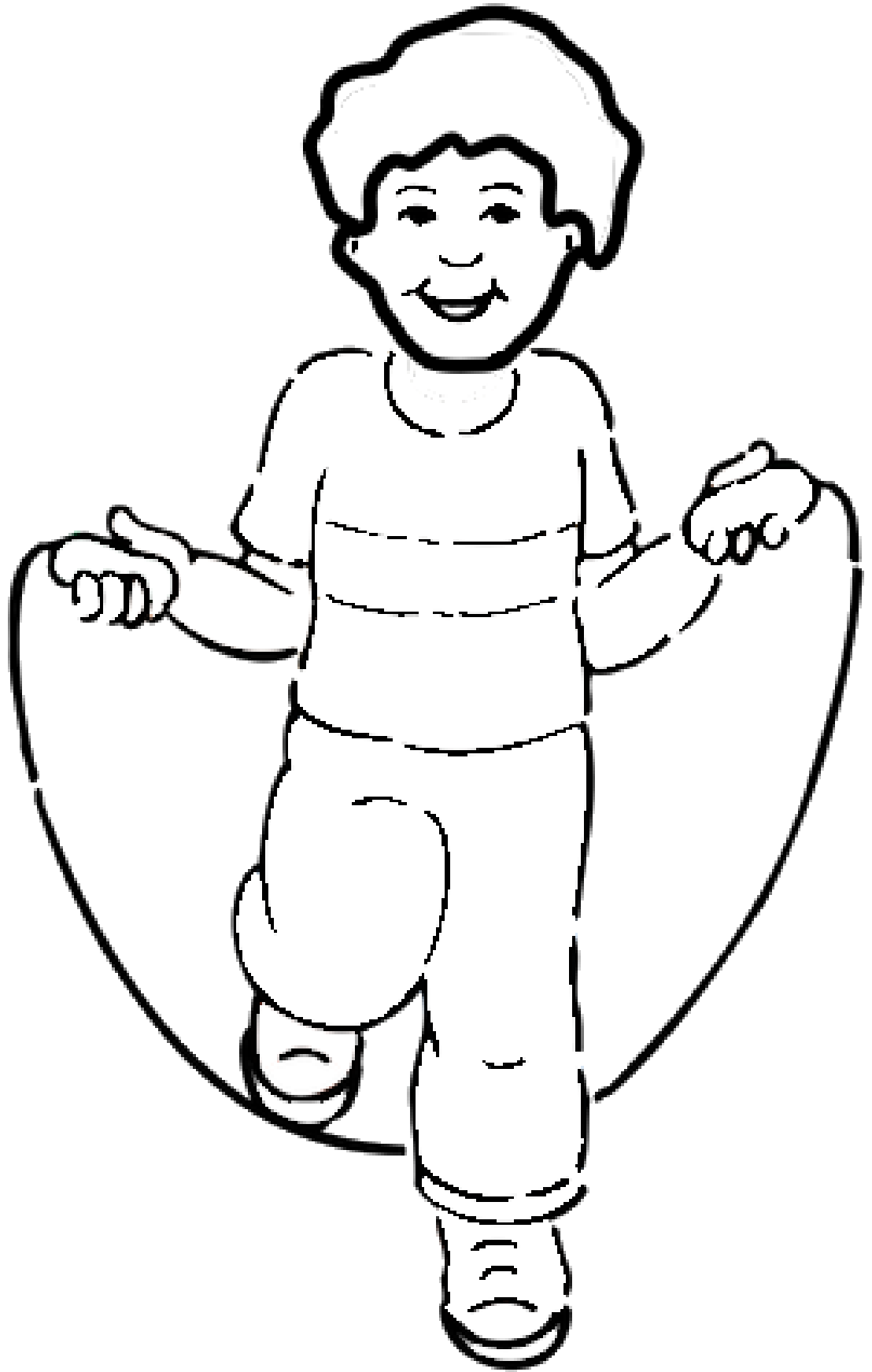
Directions:

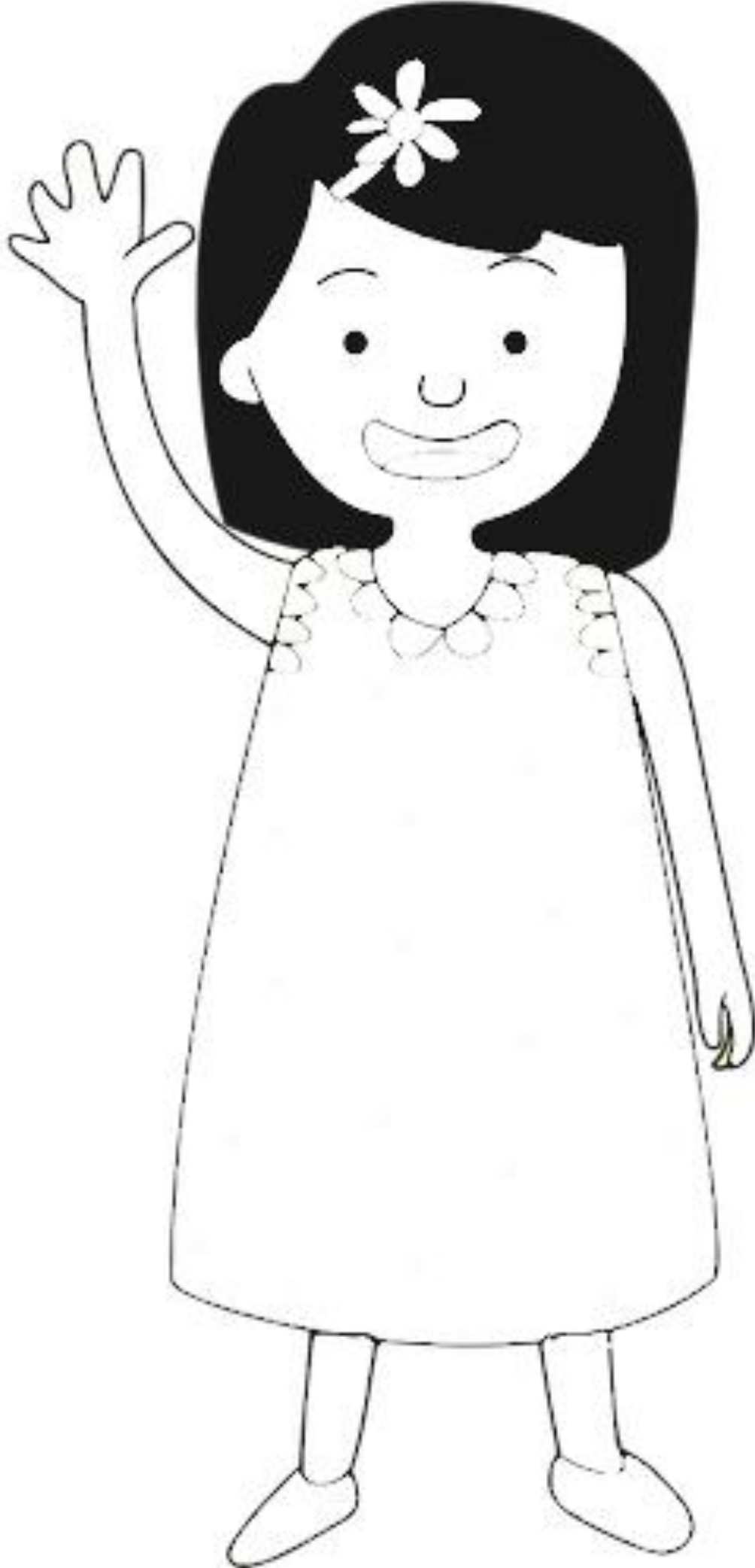
- *This activity will allow your child to practice their fine motor ability to color within the lines of an image. Coloring is an excellent way to encourage fine motor development as children choose their tools and learn to hold them correctly.
- *Ask your child(ren) to choose a coloring page and color it in!
- *When they are done write their name in dashed writing so that they may trace it.



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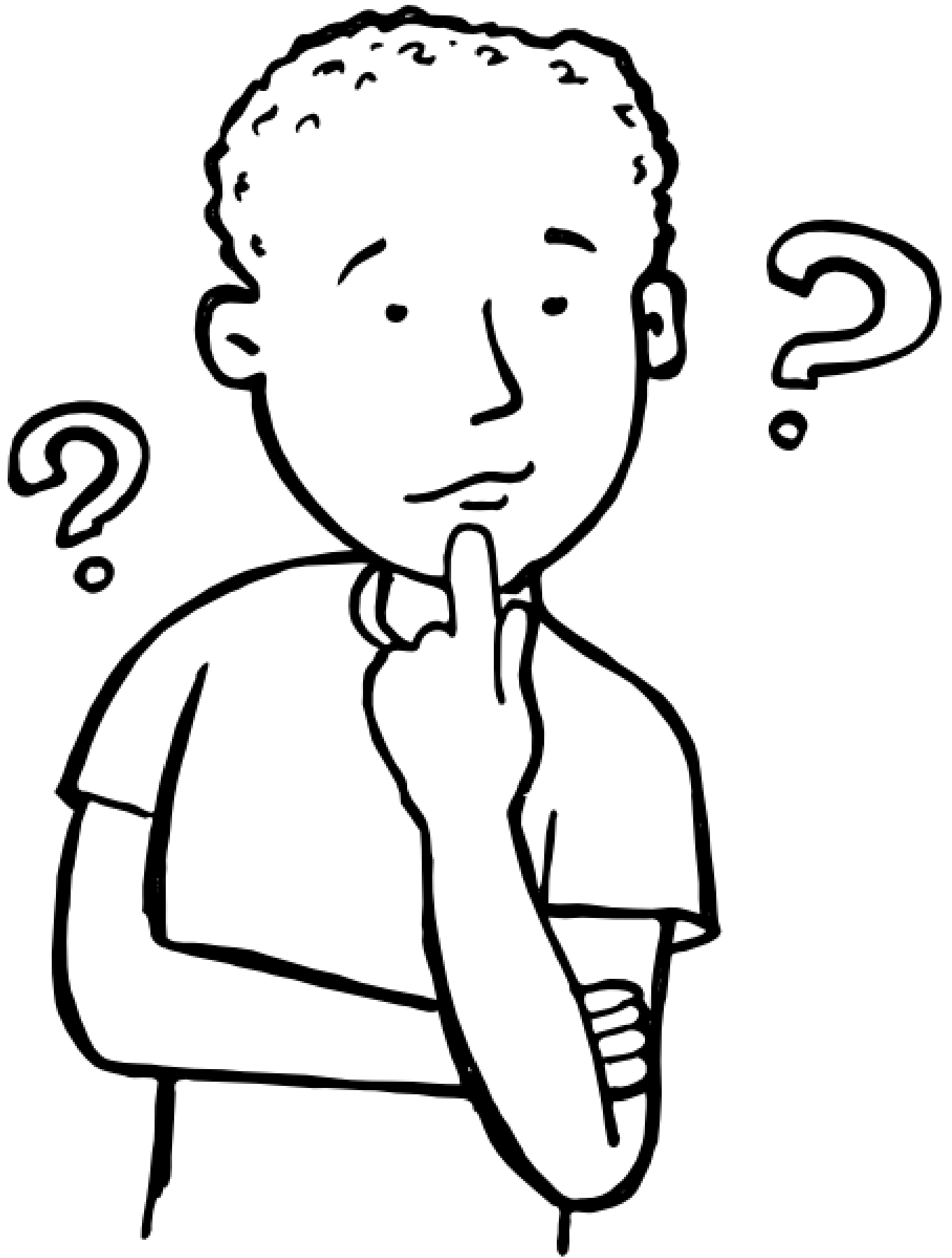






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Math Activity:

Sorting bodies

What you need for this activity:

*Group of children (or family members)

OR Dolls/ stuffed animals

Directions:

*This activity will ask your child to practice their ability to sort things a great beginning step in learning to classify things!

*To start, gather the group of people or dolls/stuffed animals.

*Ask your children if they have any ideas about how they could sort these.

*If you are using people some ways would be: adult/child, long hair/short hair, color of hair etc.

*If you are using dolls/stuffed animals some ways would be: human/animal, soft/hard, fur/hair etc.

*Let your child be creative and have them explain how they are sorting to you!

Language Activity:

Picture Introductions

What you need for this activity:

- *Photograph (one you are okay being glued to paper)
- *Blank piece of paper
- *Non-toxic glue
- *Writing Utensil

Directions:

*For this activity, your child will utilize their ability to describe utilizing oral language. This activity also encourages dictation which is an important step in the pre-writing process.

*With your child, choose a photograph that they like showing them moving it some way. For example: swimming, dancing, playing a sport, laughing etc.

*Have your child glue this image to the paper. Then ask them to describe to you what they are doing. We encourage you to write as they speak so that they can watch how words are formed.

*If they are doing this in a group setting, have them finish the activity by saying “My name is (name)” and then describe their picture.

Science Activity:

My Teeth

What you need for this activity:

- *Mirror
- *Clean hands
- *Animal images (optional)

Directions:

- *For this science activity your child(ren) will learn about their teeth!
- *To start – make sure each child participating in this science activity washes their hands well as they will be sticking their fingers into their mouths!
- *Then, ask them to open their mouths REALLY wide and look inside using the mirror. Have them observe their teeth, what do they feel like, what do they look like? Are they sharp, or flat or, both?
- *After they are done looking at their teeth, tell them they should feel two main types: flat and pointy. This is because they are *omnivores*. Which means they can eat meat and plants.

Sharp Teeth: for meat

Flat teeth: for plants

Animals who have only flat teeth are herbivores. Animals who have sharp teeth are carnivores.

Animal Teeth Guess Sheet

Look at the animals below

Which teeth do you think belong to them?



Herbivore



Carnivore



Omnivore



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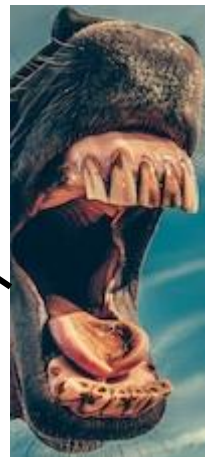
Answers:



Herbivore



Carnivore



Omnivore



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