

Theme: My Body! Week 2

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!

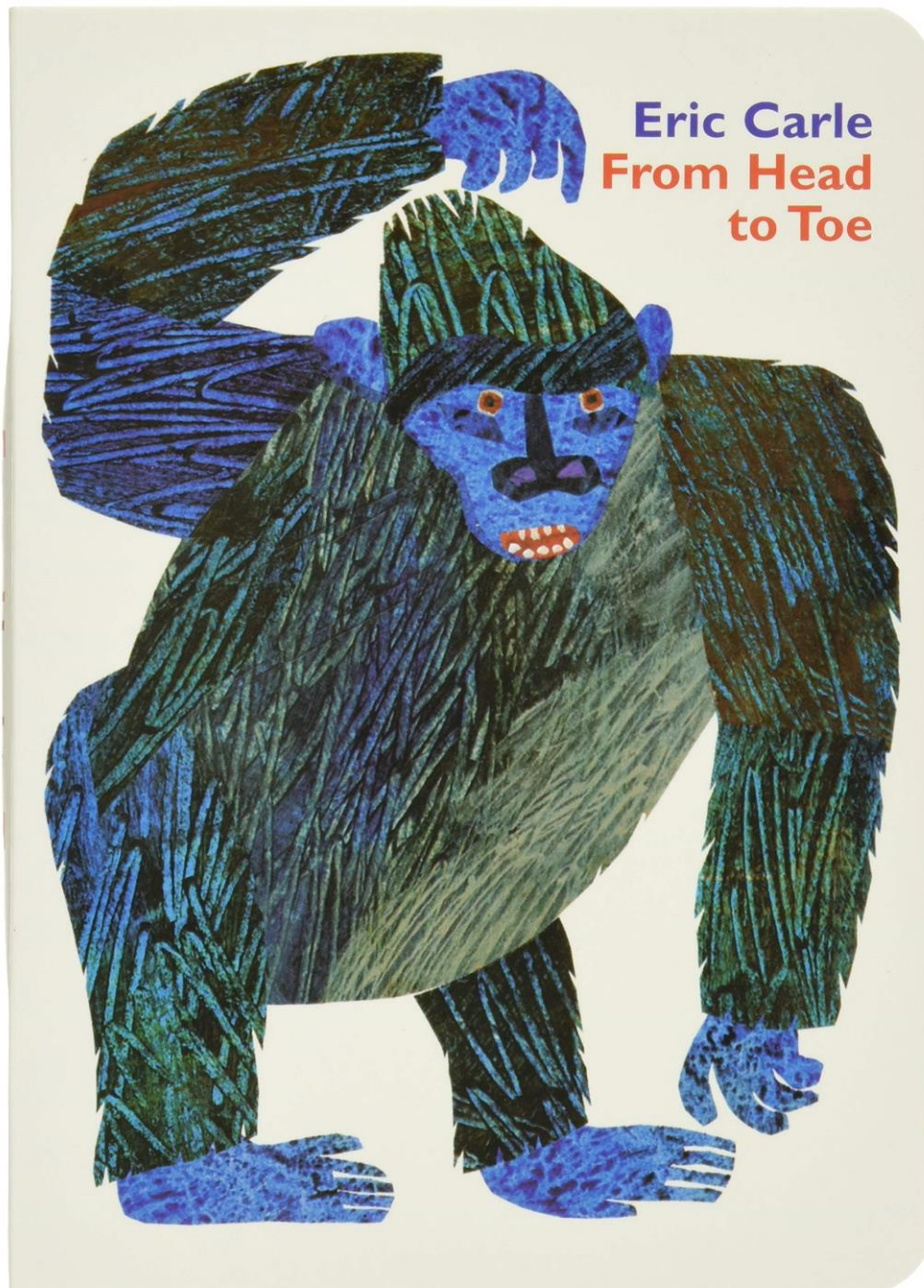
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*Clip art images taken from: <https://publicdomainvectors.org> and <https://clipartsearch.freebusinessapps.net/>

*Images used from: unspash.com

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!



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?!

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



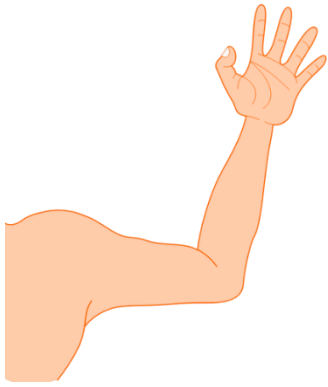
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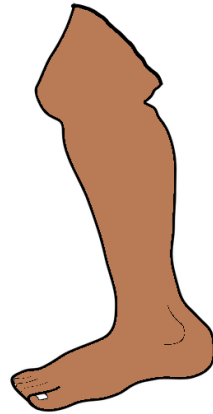
FINGERS



TOES



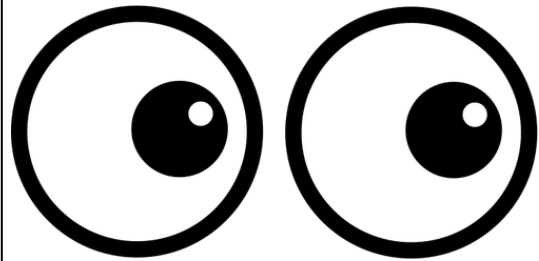
ARM



LEG



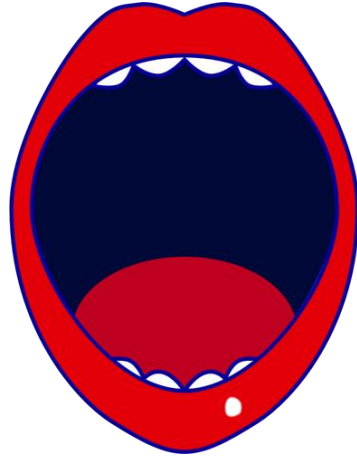
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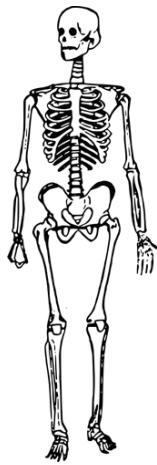
EYES



NOSE



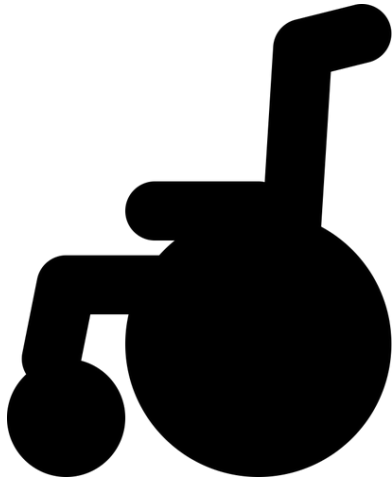
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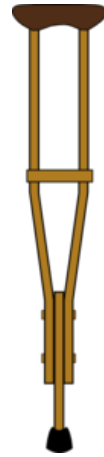
SKELETON



TEETH



WHEELCHAIR



CRUTCH



CANE

Art Project: Food Person

What you need for this activity:

*Various foods

Directions:

*For this activity your child(ren) will create a “food person.” *You are responsible for knowing what foods are safe for your child to eat and work with.*

*Set out various foods for your child to create a “food person” with. We recommend doing this on a plate so they can eat it afterwards! You and your child(ren) may of course, choose whichever foods they like; however, we have listed some ideas below for food “body parts.”

Hair: spaghetti noodles, spinach leaves, banana peel

Head: lettuce leaf, orange/lemon slice

Eyes/Nose: grapes, olives, chocolate chips

Mouth: macaroni noodle, cherry tomato slice

Torso: Part of slice of bread, banana sliced in half

Arms/legs: chocolate pieces, banana slices, pepper slices

Wheelchair: bread (as seat), cookies (as wheels)

Cane: carrot, green onion

Crutches: Cucumber (sliced vertically)



Fine Motor Activity:

Playdough Hands

What you need for this activity:

*Playdough

Directions:

*This activity will help your child build their fine motor muscles through the use of play dough!

*To start, have your child(ren) choose which color playdough they would like to use.

*Then have them roll their playdough into thin rolls (like creating snakes) and outline their hands!

*They should do their best to get in between all of their fingers – though they might need some extra playdough to do so.

Math Activity:

Sorting Body Parts

What you need for this activity:

- *Sorting body parts page
- *Mr. Potato Head (optional)

Directions:

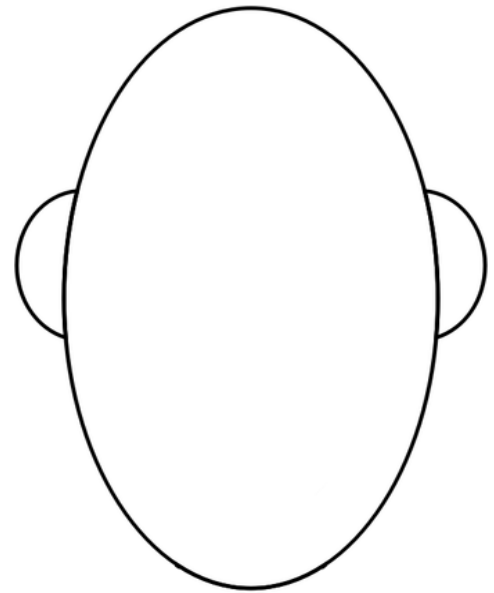
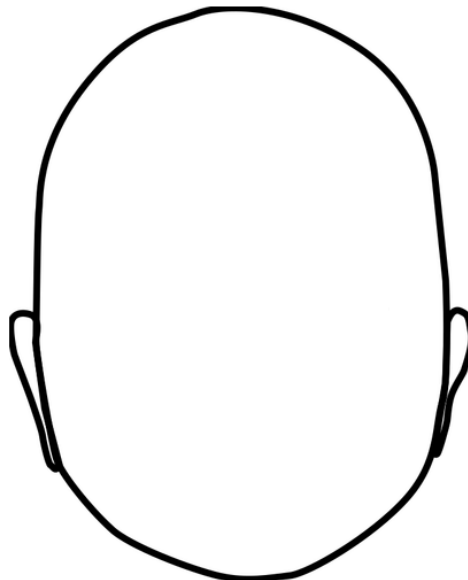
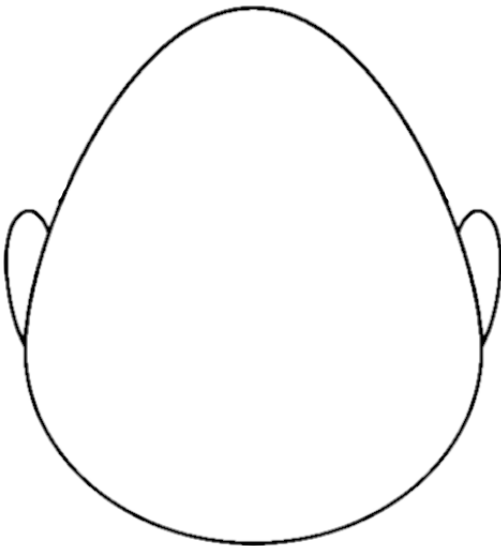
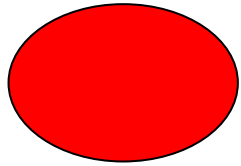
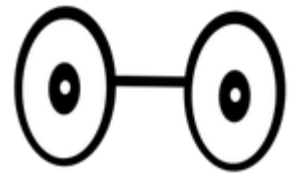
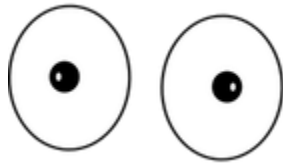
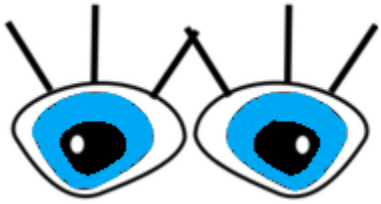
This activity will ask your child to continue to work on their sorting ability as stated in the first week's document this is an important skill in learning to classify things.

Print off and cut out the "sorting body parts" page.

Mix up all of the parts and have your child sort them (heads with heads, eyes with eyes etc.)

OR

You may choose to use a "potato head" as well. For this option, have your child do the same as above, sorting all of the pieces. This is also a great tool for practicing fine motor development!



Language Activity: Express Yourself

What you need for this activity:

*Group of children

Directions:

*For this activity, your child will use their bodies to express emotions. They will be able to work on their emotional understanding as-well-as body vocabulary.

*Call out an emotion and ask your child(ren) to use their body to express it.

For example, say “excited” perhaps your child will jump up and down, throw their hands in the air etc.

Or if you say “angry” they will turn their face down and stomp their feet.

*Once they have shown this, ask them which body parts they felt themselves using.

Science Activity:

Germs

What you need for this activity:

- *Sugar
- *Food coloring
- *Small bowls

Directions:

*For this science activity your child(ren) will learn about germs and the importance of washing hands well!

*To start- place sugar into separate small bowls (one per child/adult participating). Drop a small amount of food coloring into each bowl (use each color only one time). Give it a stir and then let it sit to dry (or else hands may get dyed too).

*Once it is dry ask children what they know about germs. Maybe they know they are “yucky” or something we don’t want. Tell them that everyone has their own germs and germs *really* like to go on our hands.

*Let them choose ONE color to place on their hands – make sure they put plenty on. Tell them this is their “germ powder.”

*Then tell them they will go around and touch each other’s hands (or arms), ask them to predict what they think will happen. Then do it!

*What happened? Did the different colors of “germs” rub off onto other people?

*We can easily get germs by touching other people and surfaces. Even though we can’t see germs, they are there and can make us sick, that’s why we need to wash our hands really well! Have children wash hands, making sure to get all of the “germs” off.

