

Theme: My Body! Week 2

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

Have fun!

Questions or comments? Please email us at

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

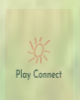
All activities require adult supervision!

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

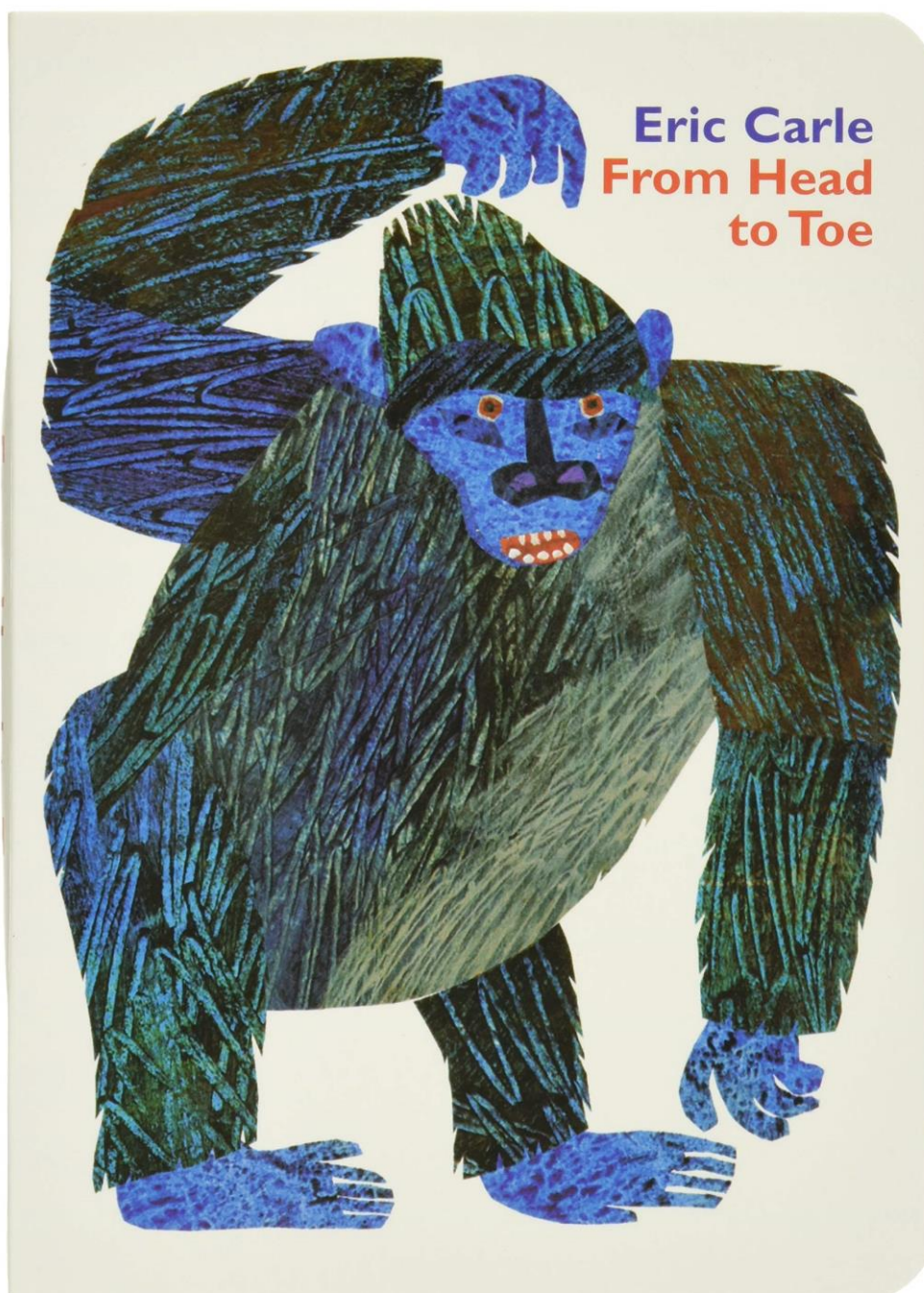
*Images used from: unspash.com

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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?!

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



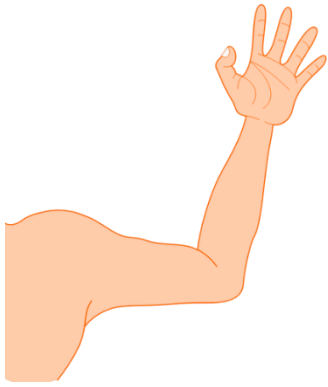
FINGERS



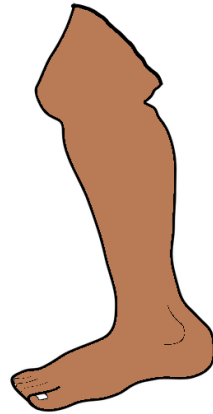
TOES

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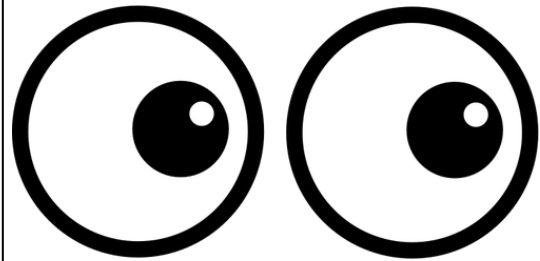
ARM



LEG



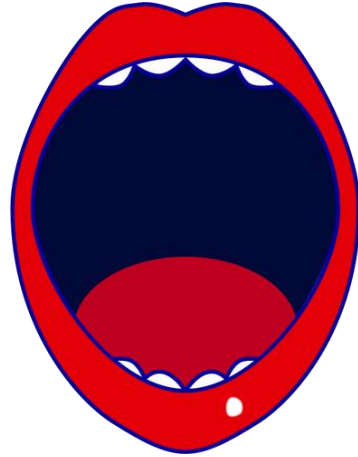
HEAD



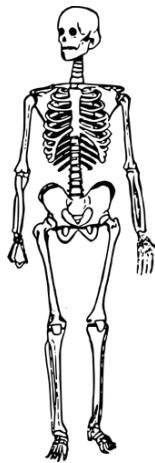
EYES



NOSE



MOUTH



SKELETON



TEETH

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 Impressions

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 ask them to roll it into a ball (some children will need help with this as it can be tricky)!

*Following this, ask them to make it flat. They can do this by flattening it with their hand or using a rolling pin.

*Then have them choose a body part to make an impression of. For example, if they choose their hand, they should firmly press down in the playdough with their hand (then they should be able to see the outline of it).

Each time they want to make a new impression, they can form the playdough into a ball again and flatten it. These motions help build the fine motor muscles they need!

Math Activity:

Body Puzzles

What you need for this activity:

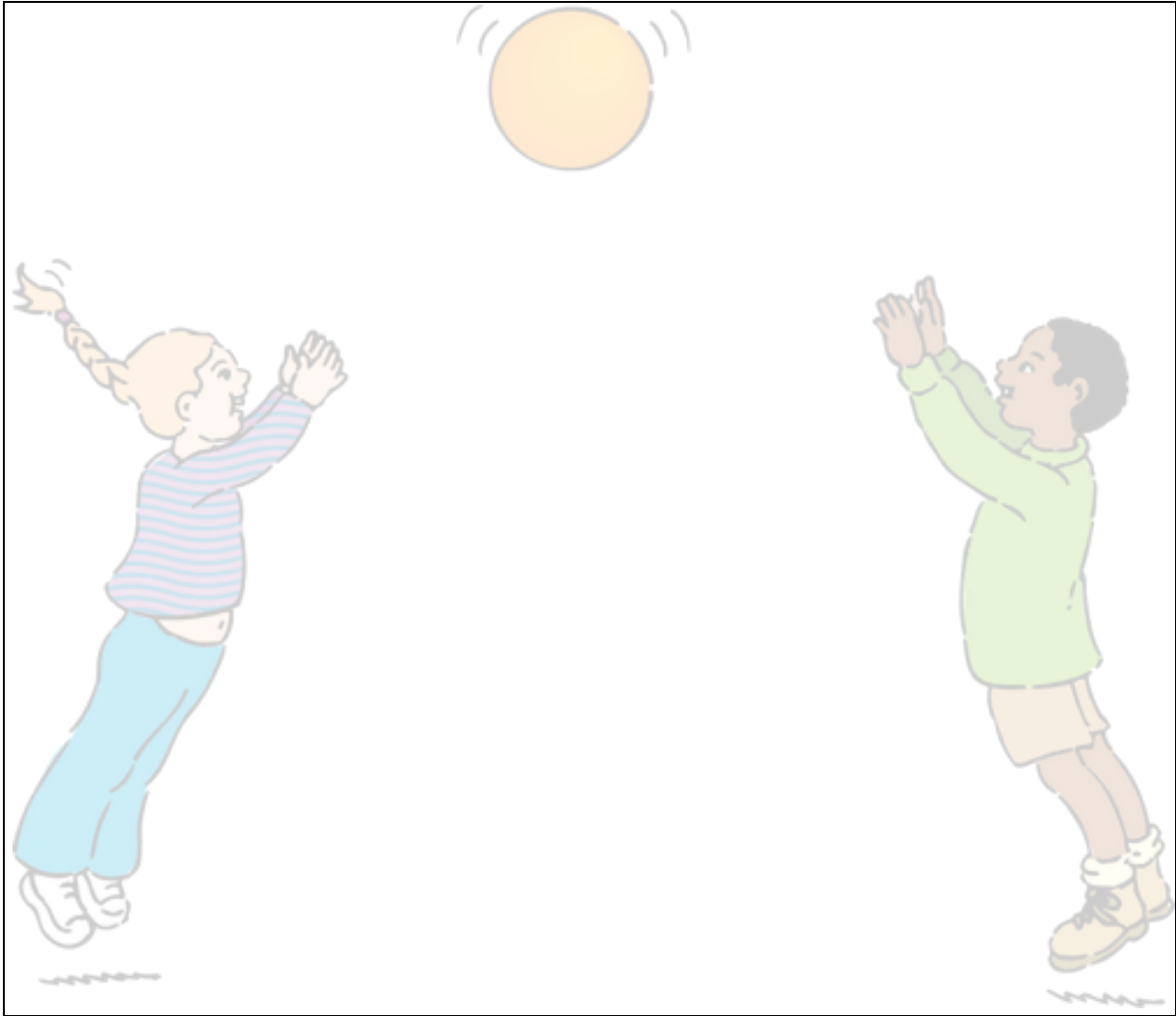
*Body puzzles pages OR your own puzzles

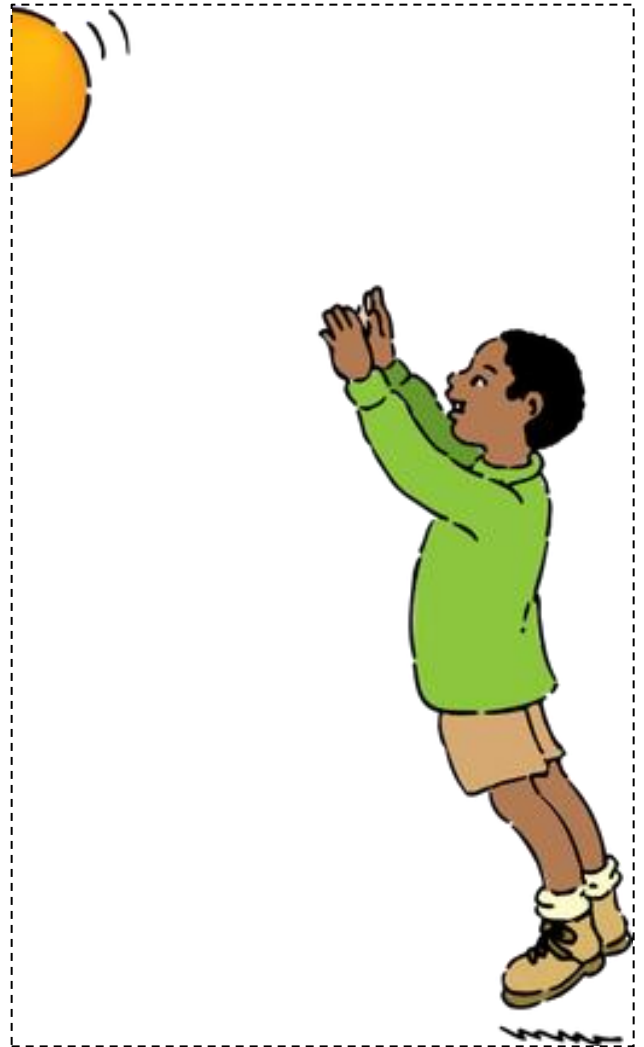
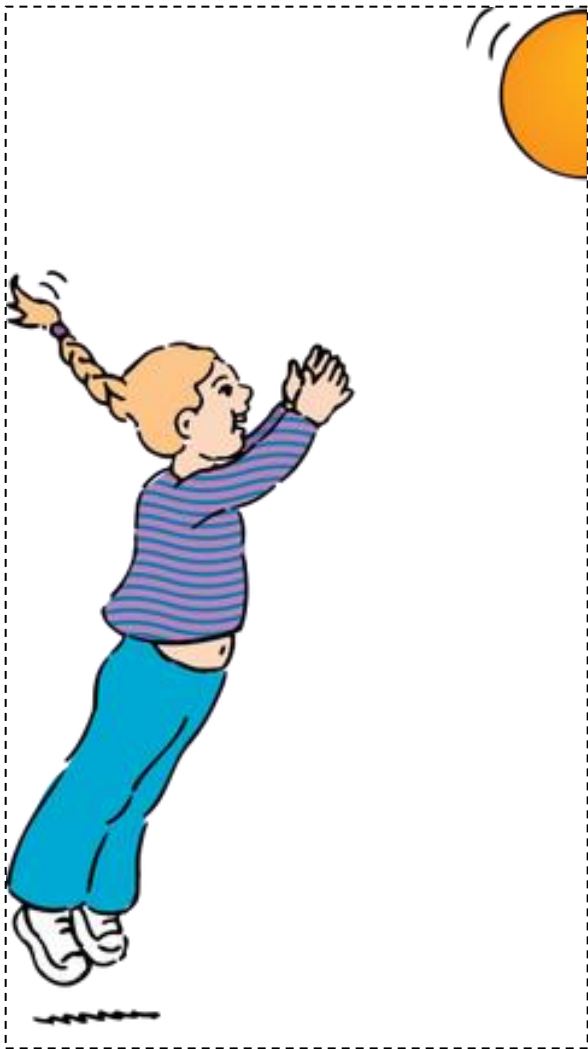
Directions:

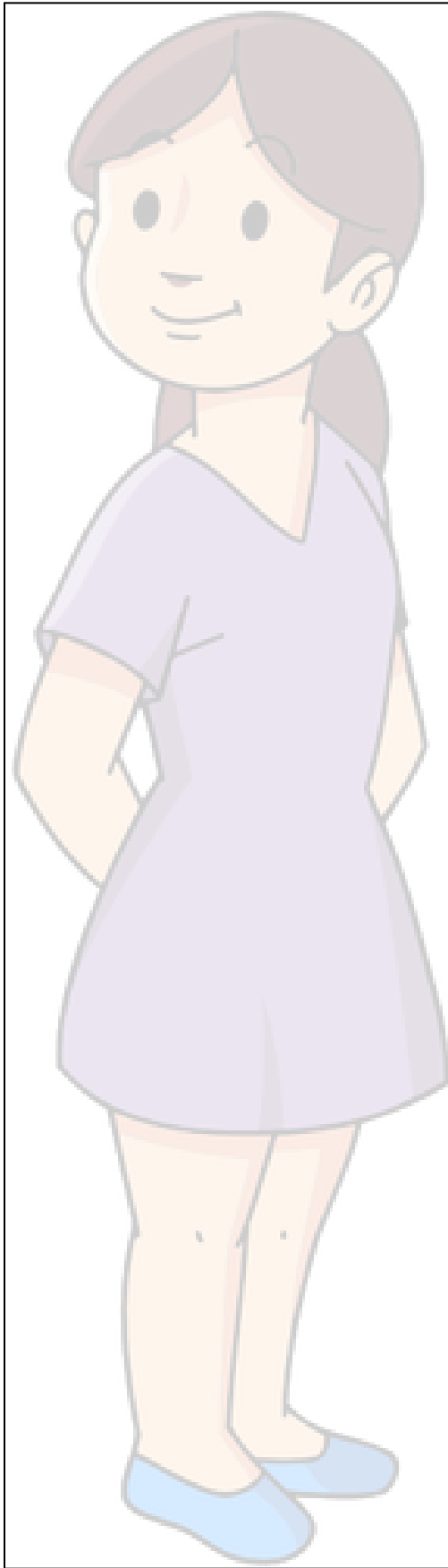
This activity will ask your child to work on simple puzzle skills.

*We suggest gluing the pieces to construction paper prior to cutting them out in order to strengthen them.

*If you do not wish to use these pieces, we suggest you ask your child to work on any puzzles you have available!

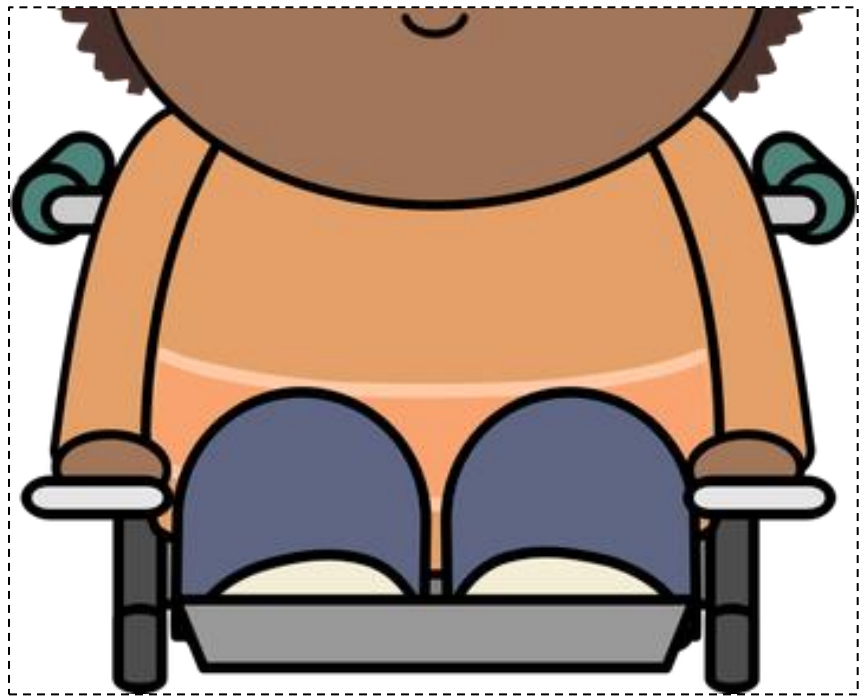












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Language Activity:

My body can sing and move

What you need for this activity:

- *Group of children
- *My Body can Sing and Move

Directions:

- *For this activity, your child will practice their knowledge of the names of their body parts while moving!
- *Sing the “My Body can Sing and Move” song with your children – following the “commands”

My Body can Sing and Move!

This is my body, this is my body

It can sing and it can move

These are my hands, these are my hands

They can clap, clap, clap, clap

These are my feet, these are my feet

They can stomp, stomp, stomp, stomp

This is my head, this is my head

It can nod, nod, nod, nod

These are my arms, these are my arms,

They can wiggle, wiggle, wiggle, wiggle

These are my legs, these are my legs

They can run, run, run, run

This is my body, this is my body

It can sing and it can move

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.



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