

Theme: My Body! Week 1

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)

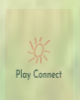
All activities require adult supervision!

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

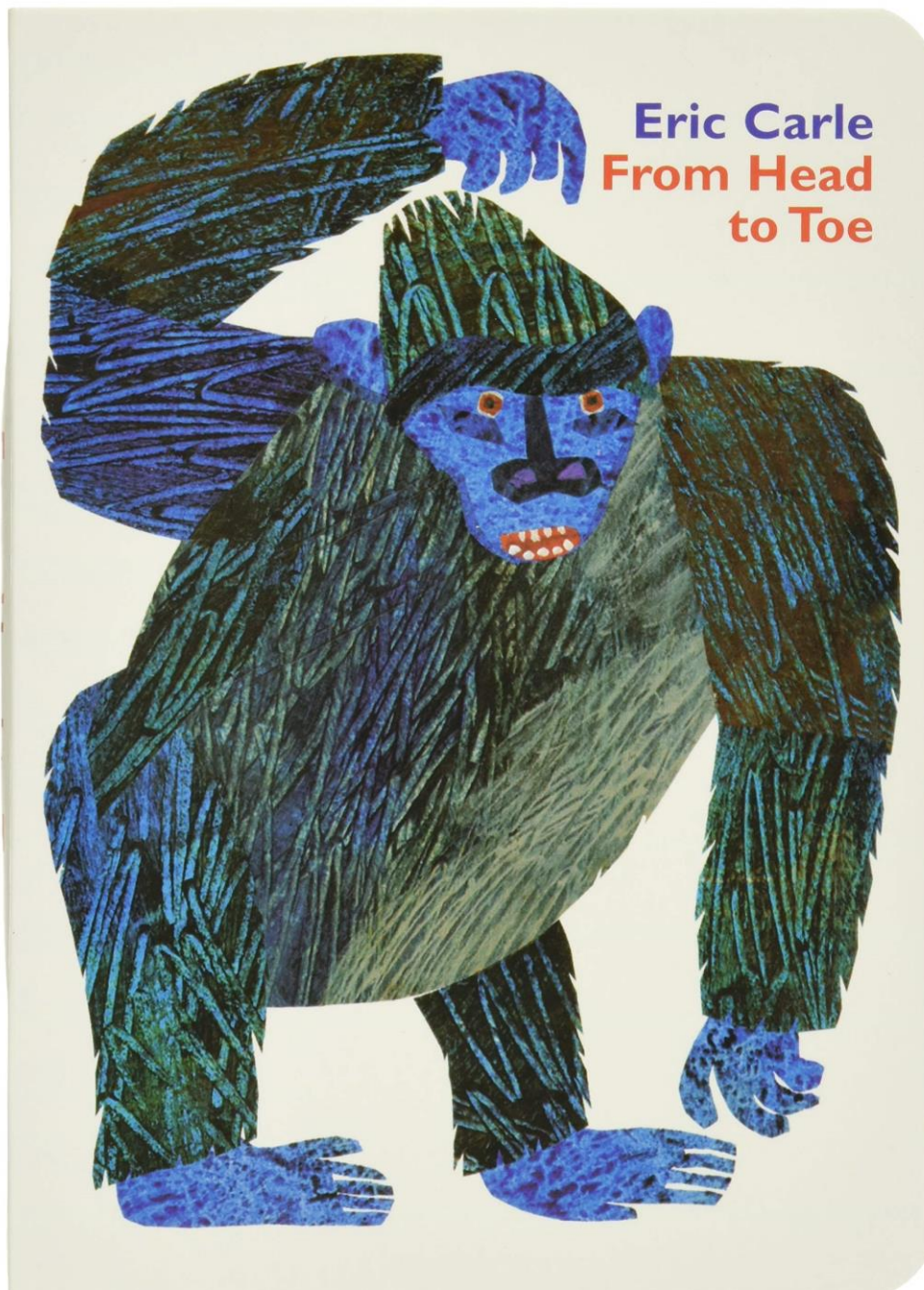
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Book Suggestion

(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



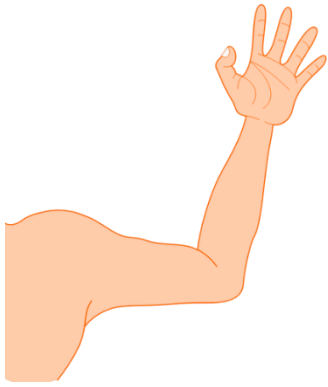
FINGERS



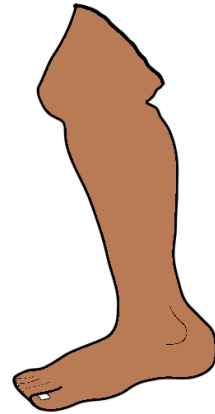
TOES

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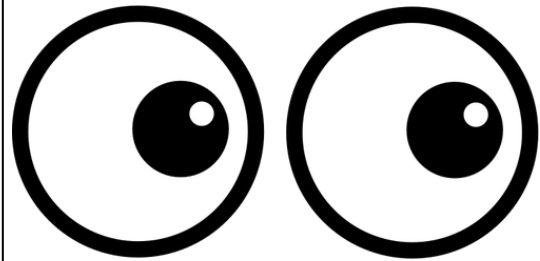
ARM



LEG



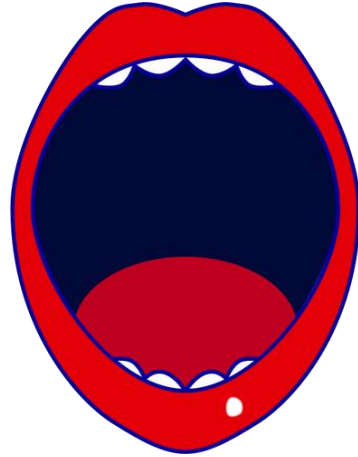
HEAD



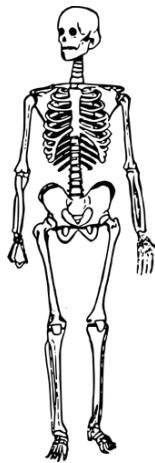
EYES



NOSE



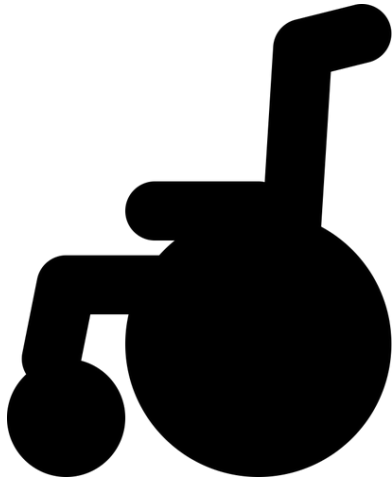
MOUTH



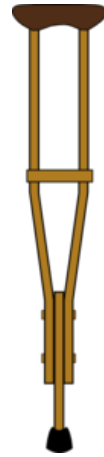
SKELETON



TEETH



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:

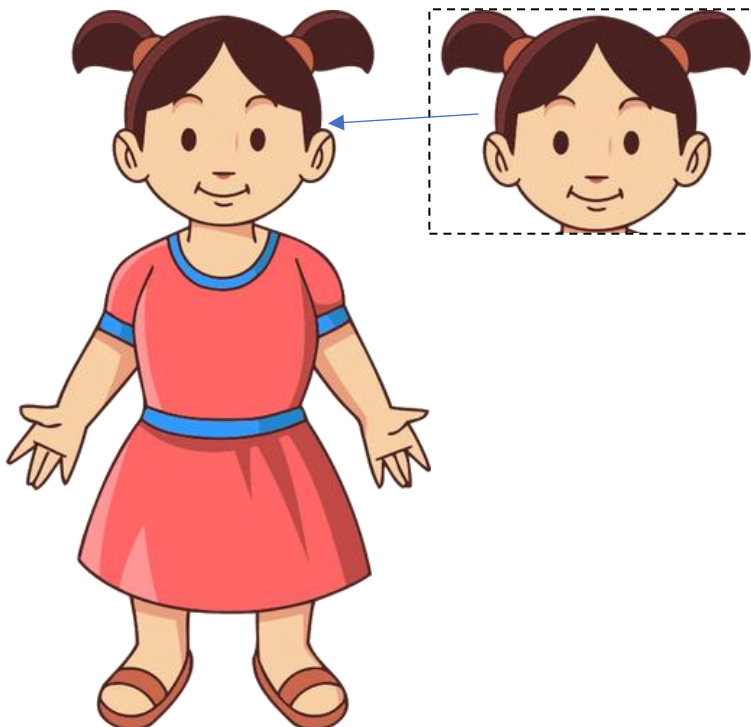
Build the Body

What you need for this activity:

- *Child-safe scissors
- *Non-toxic glue stick
- *Body Parts Page

Directions:

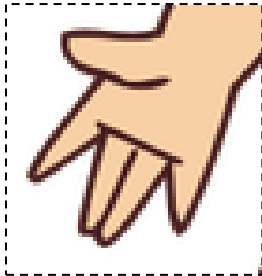
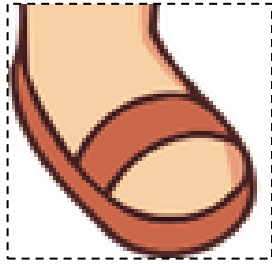
- *This activity will allow your child to practice their hand-eye coordination and essential piece in the fine motor puzzle!
- *Have your child choose if they would like to use the male or female image.
- *Then – depending on your child’s ability have them cut out the body part pieces. If they are not yet able to use scissors, you can help them!
- *Following this have them glue the pieces back onto the body!

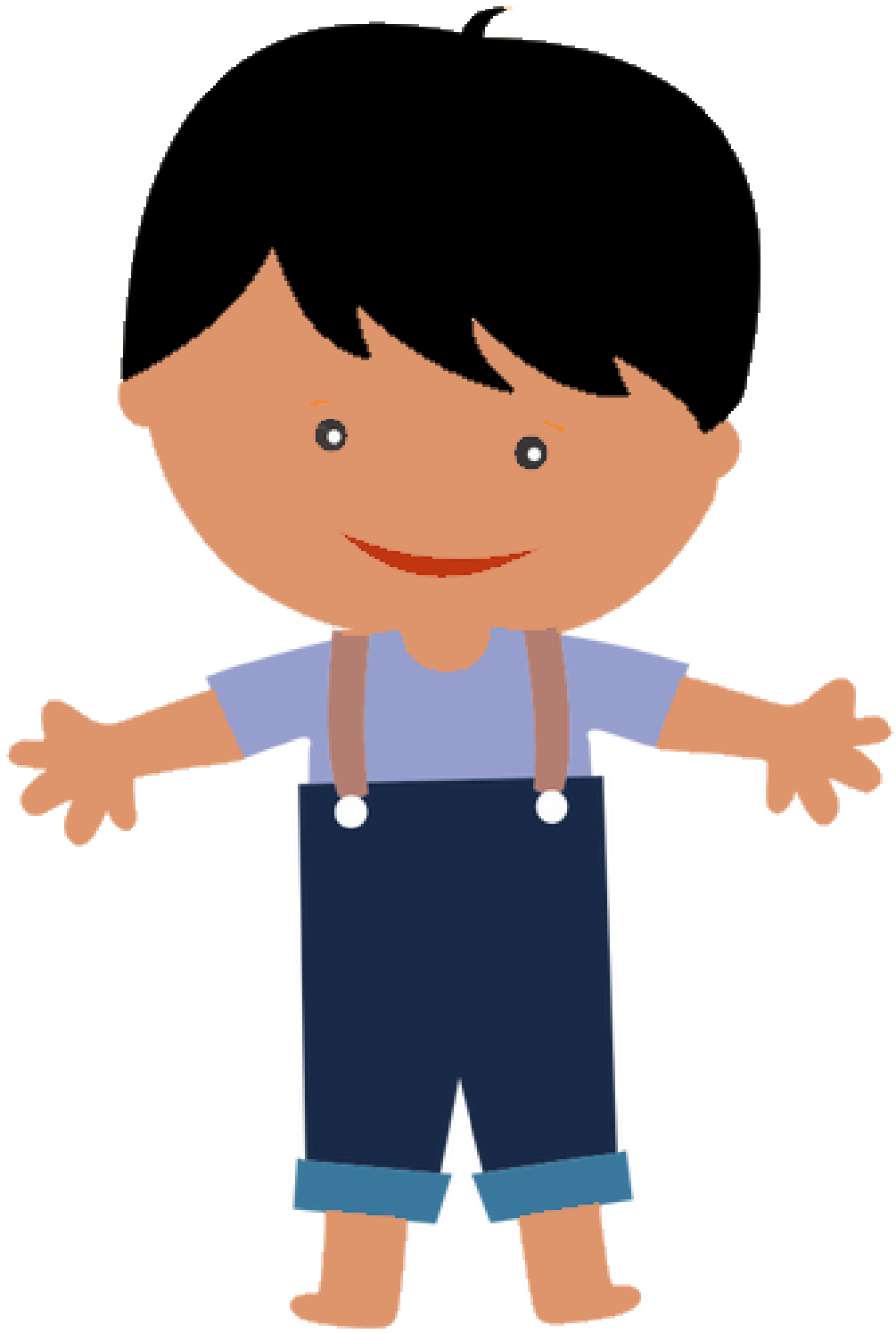




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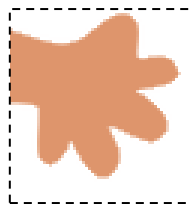
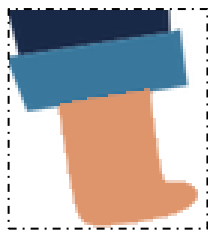
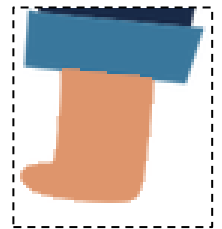
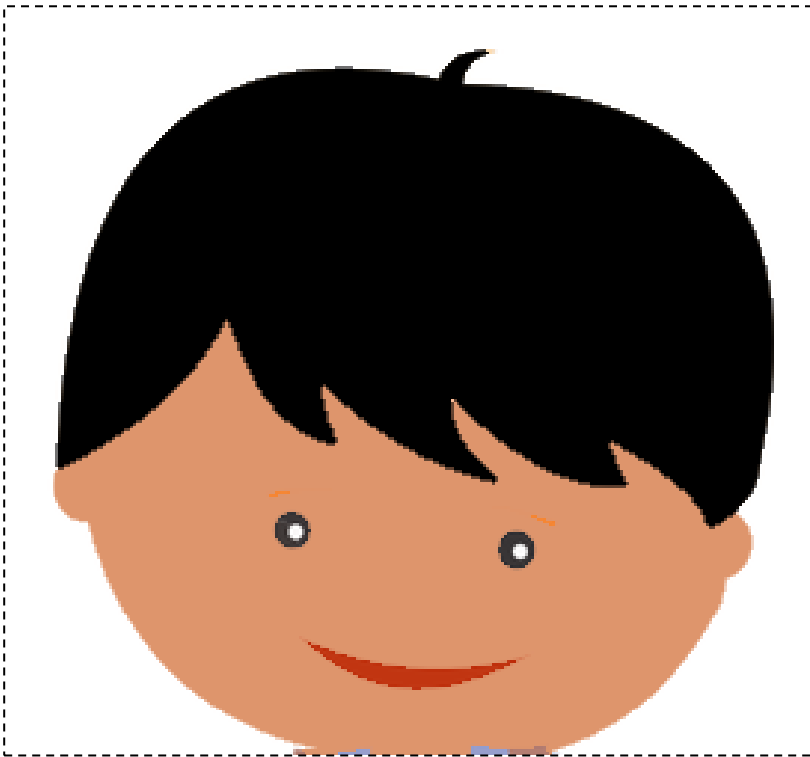






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Math Activity:

Counting my body parts

What you need for this activity:

*Your child

Directions:

This activity will ask your child to practice their beginning counting skills! For this activity they will only need to count to two, however, if you feel they are ready you can push to higher numbers.

*To start tell your child(ren) you will call out a body part (ensure that they know what they are).

*Then call out a body part and have them count how many of this they have. For example, say “EYES” your child will count: 1, 2.

*If you want to have them count higher, you can ask them to count how many fingers on one hand, or count their hands and your hands.

Language Activity: Introducing myself

What you need for this activity:

*Group of children

Directions:

*For this activity, your child will practice introducing themselves.

*This activity is best done with a larger group of children; however, it can be done with a smaller group as well.

*One child begins and says “My name is (name) and this is my body, it can dance and move and play!” The next child follows.

*Following this, see if they can introduce each other. I.E., “This is (name), they can dance and move and play!”

**Children could also say different movements that they enjoy (skip, jump, spin etc.)

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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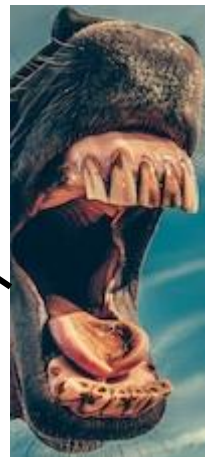
Answers:



Herbivore



Carnivore



Omnivore



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