

Overview

This is all about helping your children understand and identify their own body parts. They will first learn the “Head, Shoulder, Knees, and Toes” song, and then they will try to identify these parts (along with others), on a tracing of themselves.

Materials Needed

- Large Piece of Paper
- Your Child
- Markers, Crayons, Colored Pencils
- This Video:

<https://www.youtube.com/watch?v=h4eueDYPTlg&vl=en>

Steps

1. Show your children the video linked in the materials section, and follow along with it.
2. Then, take the large paper and have your child lay face up on it.
3. Trace an outline of your child with a marker onto the paper.
4. Tell your child to stand up and see their outline.
5. Ask them to sing the song (or sing with them), while identifying parts on their bodies.
6. Then point to parts on their outline, and see if they can identify it.
7. If they can't, help them out a bit!
8. BONUS: See if they can identify fingers, arms, and legs, as they're not part of the video, and show them where they are on themselves and the outline.

Terminology Associated with Lesson

- Head
- Shoulders
- Knees
- Toes
- Eyes
- Ears
- Mouth
- Nose
- Fingers
- Arms
- Legs

Notes To Instructor

You can always change this lesson up
as much as you want! Be creative! Have
fun with the children!