

BODY PARTS FOR 2s

	Book	Song/Poem	Fine/Gross Motor	Dramatic/Sensory Play	Field Trips
Monday	<u>This is My Body</u> by Gina Mayer	"Head, Shoulders, Knees, and Toes"	Kick, Throw, Catch Roll and Match	Doctor Sensory Bin Hunt	Library Sensory Garden
Tuesday	<u>Toes, Ears, & Nose!</u> by Karen Katz and Marion Dane Bauer	"Hokey Pokey"	Face Puzzles Create a Face	Doctor Baby Bath	Zoo Playground
Wednesday	<u>Here Are My Hands</u> by Bill Martin Jr. and John Archambault	"If You're Happy and You Know It"	Body Trace and Paint	Doctor Bubble Wrap Walk	Pet Store
Thursday	<u>From Head to Toe</u> by Eric Carle	"Open, Shut Them"	Build a Body Say and Stick	Doctor Archeological Dig	
Friday	<u>From Horns to Toes and In Between</u> by Sandra Boynton	"Shake My Sillies Out" by Raffi	Brain Headband Brain Surgery and Letter Match	Doctor Eyeball Soup	



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BODY PARTS FOR 2s - Monday

Book

This is My Body by Gina Mayer

Before reading: What do you think this book is going to be about? Whose body do you think we are learning about in this story? Is your body the same as this character's?

While reading: Fur keeps him warm. What keeps you warm? Where are your ____ (eyes, ears, nose)? What do you ____ (hear/see/smell)? He showed us where his elbows are. Where are yours? On the last page, how are the animals different?

After reading: Which body parts did we learn about in this book? *If your child can't recall, flip back through the pictures to assist them.

Song/Poem

"Head, Shoulders, Knees, and Toes"

Before singing, have your child point out each of the 8 body parts mentioned in the song, both on themselves and another person. While singing, have the child point to each body part as it is sung. See if they can sing and point both with you and independently!

Fine/Gross Motor

Kick, Throw and Catch

Materials: ball

Practice kicking, throwing and catching a ball, all while discussing which body part is being used for each action.

Roll and Match

Materials: large block, paper, markers, tape

Draw six body parts (eyes, nose, mouth, ear, hand, foot) onto a piece of paper, cut them to fit onto the sides of the block and tape them to the block (pictured below).

Review each body part by having your child look at the picture, identify it by name and point to it on their own body.

To play, simply roll the block and whichever body part it lands on, the person who rolled has to point to, name and make that part of their body move.

Dramatic/Sensory Play

Doctor

Suggested props: BandAids, thermometer, lab coat, clip board, stethoscope, reflex hammer, blood pressure cuff, otoscope, Ace Bandage, etc.

Sensory Bin Hunt

Search through the sensory bin (i.e. rice, beans, sand, packing peanuts, tissue paper, etc.) for pictures of various body parts (drawn or magazine cut outs). Identify each part as it is found. Once all of the pieces are found, have your child sort the pictures and count how many of each there are (3 noses, 2 arms, etc.)



BODY PARTS FOR 2s - Tuesday

Book

Toes, Ears, & Nose! by Karen Katz and Marion Dane Bauer

Before reading: Where are your toes, ears and nose? Where are they on the baby (cover photo)?

While reading: What else is inside your boots besides toes? Where is your ____ (body part that matches the book)?

After reading: What was underneath the baby's ____ (glasses, coat, jeans, scarf, etc.)? *If your child can't recall, flip back through the pictures to assist them.

Song/Poem

"Hokey Pokey"

Sing the "Hokey Pokey", using your hand, elbow, foot, knee, head, and back. Review each body part prior to singing.

Fine/Gross Motor

Face Puzzles

Materials: pictures of faces (magazine or photographs), tape, Mega Blocks

Stack the mega blocks high enough that the face picture can fit on it. Tape the picture to the blocks one piece at a time, cutting the picture to fit each block. When they are stacked in order the face should be complete (pictured below). Then show your child the completed picture and have them point out the facial features they recognize. Disassemble the face, mix up the pieces and have them reassemble in the correct order. If your child is able to do this successfully you can mix more than one face puzzle in at a time.

Create a Face

Materials: Face mats (free from <http://resources.sparklebox.org.uk/sb1312.pdf>) and Play-Doh

Create a Play-Doh face by adding eyes, a nose, a mouth, ears, eyebrows, hair, etc. to your face mat.

*Model how you roll Play-Doh into a ball and roll it out like a snake to create different shapes. Point out the shapes of facial features (eyes - circular, ears - oval)

Dramatic/Sensory Play

Doctor

Suggested props: BandAids, thermometer, lab coat, clip board, stethoscope, reflex hammer, blood pressure cuff, otoscope, Ace Bandage, etc.

Baby Bath

Using a washcloth, soap and water, model washing a babydoll as you name each part of their body. Then have your child do the same. You can then provide your child with a specific body part and have them locate/wash it ("Her toes haven't been cleaned yet. Where are the baby's toes?").



BODY PARTS FOR 2s - Wednesday

Book

Here Are My Hands by Bill Martin Jr. and John Archambault

Before reading: Point to all of the hands on the cover. Let's count them together! How many hands do you have?

While reading: What do you use your ____ (hands, feet, etc.) for?

After reading: Which body part was used for smelling? Seeing? Chewing?

Song/Poem

"If You're Happy and You Know It"

Sing "If You're Happy and You Know It" with the verses "clap your hands", "stomp your feet", "wiggle your ears", and "rub your tummy".

Fine/Gross Motor

Body Trace and Paint

Materials: Large sheet of paper, writing utensil, scissors, paint brush, paint, tape (optional), tablecloth/towel/newspaper (optional)

Trace your child's body onto the large sheet of paper while they are laying down. Assist them (hand over hand) as needed while they cut out their tracing. Have them paint their body either while it is laying down on the ground with a ground cover (tablecloth/towel/newspaper), on a table or hanging on the wall (pictured below). Children should identify various parts of their body as they paint them.

Dramatic/Sensory Play

Doctor

Suggested props: BandAids, thermometer, lab coat, clip board, stethoscope, reflex hammer, blood pressure cuff, otoscope, Ace Bandage, etc.

Bubble Wrap Walk

Materials: bubble wrap, tape

Children can either walk along a strip of bubble wrap, exploring what it feels like under their feet and trying to pop the bubbles, or they can be taped around their feet like shoes and they can experience a new sensation while moving about.



BODY PARTS FOR 2s - Thursday

Book

From Head to Toe by Eric Carle

Before reading: Which two body parts is the gorilla pointing to on the cover? *Point out how they match the title

While reading: Have your child try the motion on each page. Can you think of another animal (owl) that can turn it's head all the way around? Point out that the gorilla on page 14 is the same gorilla from the cover picture. Elephants have long trunks. What do we have instead of a trunk to smell with?

After reading: Which animal _____ (arched its back, stomped its feet, wiggled its toes, etc.)? Did any of the animals wiggle their hips?

Song/Poem

"Open, Shut Them"

'Open, shut them (hands opening and closing). Open, shut them. Give a little clap, clap, clap (clap hands). Open, shut them. Open, shut them. Put them in your lap, lap, lap (tap your lap). Creep them, creep them, creep them, creep them, right up to your chin (have your fingers walk from your lap to your chin). Open up your mouth but do not let them in (move hands away from mouth)."

Fine/Gross Motor

Build a Body

Materials: Construction paper cut into various size rectangles, circles, ovals and squares, a plain piece of paper, a glue stick

Begin by modeling your thought process for choosing pieces based on what our bodies look like. For example, "If I look at your head I see it is round like a circle, so I'm going to choose the large circle to put at the top of my body." You can also ask your child to help you find shapes. "My arms are long and straight like a rectangle. Where are the two rectangles?" Then, using the cut out shapes, have your child first build their own body then glue it down onto the paper (pictured below).

Say and Stick

Materials: Stickers

Play 'Say and Stick' by naming a body part and having your child put a sticker on that part of themselves (pictured below). They can also play another round by placing stickers on you, another child, or a stuffed animal. Your child can also practice identifying body parts by being the caller. You can pretend to not know where certain body parts are and have them assist you as an "expert" to build their confidence.

Dramatic/Sensory Play

Doctor

Suggested props: BandAids, thermometer, lab coat, clip board, stethoscope, reflex hammer, blood pressure cuff, otoscope, Ace Bandage, etc.

Archeological Dig

Place the body part pictures from the "Sensory Bin Hunt" under sand (recommended but not necessary) and using a paintbrush, have your child uncover and name the hidden pictures.

BODY PARTS FOR 2s - Friday

Book

From Horns to Toes and In Between by Sandra Boynton

Before reading: Do you have horns? Which animals have horns? Do people and animals have all of the same body parts?

While reading: Do you have ten toes? Let's count them! Show me how you open and close your eyes. Where is your belly button? Do you have a tail?

After reading: Which body part helped the creatures hear? What do you use to eat, sing and talk? Which was your favorite body part page? Why?

Song/Poem

"Shake My Sillies Out" by Raffi

After listening and dancing to the song, review which body parts your child was moving (clapping = hands, yawning = mouth, etc.).

Fine/Gross Motor

Brain Headband

Materials: paper, scissors, stapler, glue, markers/crayons

Cut a long strip of paper to use as the headband. Measure it around your child's head and staple the paper together to fit. Assist your child in cutting out the brain below (hand over hand cutting) and have them color it independently. Once the brain is colored it can be taped onto one side of the headband.

Throughout this activity discuss the importance of the brain and explain that it tells our whole body what to do. Provide examples, such as "My brain is telling me to pick up the paper" or "My brain tells me which words to use when I speak". You can also share how important it is to take care of our brains by drinking water, eating healthy food and continuously learning.

Brain Surgery and Letter Match

Materials: Red Jello (you can make this together ahead of time!), large bowl, letter magnets or plastic/foam puzzle pieces (B, R, A, I, N), tongs, baking sheet, paper, writing utensil

Once the Jello has solidified in a bowl, turn it over onto a baking sheet to use as a "brain". On a piece of paper trace the BRAIN letters. Stick the BRAIN letters into the Jello. Perform "brain surgery" by using tongs to remove each letter carefully, as not to damage the "brain" (pictured below). Share with your child how fragile our brains are and that is why there is liquid and a hard skull to protect it. Model our "skull" protecting the "brain" by placing the bowl over the Jello. Experiment tapping on it to demonstrate how it keeps our brain safe. Once the letters are out of the brain have your child match them to the traced letters (note they do not need to know what the letter names are but should be able to match them by shape).

Dramatic/Sensory Play

Doctor

Suggested props: BandAids, thermometer, lab coat, clip board, stethoscope, reflex hammer, blood pressure cuff, otoscope, Ace Bandage, etc.

Eyeball Soup

Materials: Googly eyes, large container, water, ladle, spoons, bowls

Add googly eyes to a large container of water and have your child make/serve "eyeball soup" using a ladle, bowl and spoons.



Field Trips

Field trips provide a wonderful opportunity for children to apply what they are learning in real-world settings. It strengthens the connections between what they read or learned about and what they are seeing and doing. Exposing children to new experiences outside of their daily setting allows for an increase in curiosity, socialization, comfort level in new situations, a broader awareness and understanding of our world, and creates lasting memories for your child.

Suggested Field Trips

Pick and choose a few that work for you

- library
- sensory garden
- zoo
- playground
- pet store

What to focus on:

- Which body parts are being used (i.e. hands to hold the monkey bars or fingers to turn pages in a book)
- Body parts that are similar and different (i.e. every person has a nose to smell with, an animal may have a tail while humans don't)
- Pointing out how our brain controls everything we do

Additional Practice

- colors
- counting
- shapes

Roll and Match



Face Puzzles



Build a Body



Body trace and paint



