

BODY PARTS FOR 3s

	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"	How Can You Say Hello? Body Race	Doctor Sensory Exploration	Library Sensory Garden
Tuesday	<u>What Can It Be? Riddles About Our Bodies</u> by Jacqueline A. Ball & Ann D. Hardy	"Hokey Pokey"	Face Puzzles Create a Face Roll to Draw a Body	Doctor Baby Bath	Zoo Playground Pet Store
Wednesday	<u>Here Are My Hands</u> by Bill Martin Jr. and John Archambault	"If You're Happy and You Know It"	Body Trace, Cut and Paint	Doctor Bubble Wrap Walk	
Thursday	<u>From Head to Toe</u> by Eric Carle	All of Me Poem by Jessica McDonald	Magazine Search Body Shapes	Doctor Archeological Dig	
Friday	<u>Me and My Amazing Body</u> by Joan Sweeney	All of Me Poem by Jessica McDonald	Brain Headbands Brain Surgery and Letter Match	Doctor Eyeball Soup	



What You Can and Cannot Do With These Plans

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BODY PARTS FOR 3s - Monday

Book

This is My Body by Gina Mayer

Before reading: Whose body do you think we are learning about in this story? Is your body the same as this character's? How is it the same/different?

While reading: Fur keeps him warm. What keeps you warm? What do you ____ (hear/see/smell) with? On the last page it says everyone looks different. What are some ways people can look 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 on themselves.

While singing, have the child point to each body part as it is sung. Once it has been sung once, try it a second time even faster to see if they can keep up!

Fine/Gross Motor

How Can You Say Hello?

Using different body parts, challenge your child to say hello in unique ways. Provide an example, such as waving with your elbow, winking with your eye or shaking hands with your feet. See how many ways they can come up with and test them out while your child shares the name of the body part.

Body Race

Materials: balls, index cards (or slips of paper), writing utensil

Before the race begins, have your child brainstorm several body parts. Write each body part down on a separate index card. Then have your child choose one card out of the pile. Since they will be unable to read these words independently, provide them with the initial sound (/f/ for foot, /n/ for nose) and see if they can complete the word. Next, starting at one end of the room have your child/children race from one end to the other using only the chosen body part to move the ball. For example, if your child picks out the card that says "nose", they must crawl across the floor, only using their nose to nudge the ball. Repeat with each body part that is selected.

Dramatic/Sensory Play

Doctor

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

Sensory Exploration

Materials: anything you have that has an interesting texture, smell or sound that is safe for children (i.e. tissue paper, water, sand, packing peanuts, maracas, etc.)

Allow your child to explore each item independently. Have them share which part of their body they are using to touch, hear or smell each item and then encourage them to find new ways to use it. For example, instead of just putting your hands in the sand, how would it feel on your feet? What does the water feel like on your cheek versus your hands?



BODY PARTS FOR 3s - Tuesday

Book

What Can It Be? Riddles About Our Bodies by Jacqueline A. Ball & Ann D. Hardy

Before reading: Look at the four pictures on the cover. Which body part is each child using?

While reading: Read each clue slowly, allowing time for your child to think of the body part being described and how the clues fit together. Provide hints as necessary.

After reading: Which body part was hidden in a cave? Which works as a computer in our heads? What other body parts did we figure out based on the clues? Which riddle was your favorite? Which was the hardest to figure out?

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. 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)

Roll to Draw a Body

Materials: game board free from iheartcraftythings.com (search "Roll to Draw a Body" on website search bar), blank paper, one die, pencil, crayons/markers

Go through the printable with your child and have them count how many dots are on each pictured die and determine which body part picture it correlates to. Roll the die, count the dots by pointing to each, find the matching die/body part on the page, and draw it on the blank piece of paper. Tally your roll on the bottom of the paper. Repeat until the entire body has been drawn. Count the number of tally marks and have your child show you that number on their fingers. Color the body.

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 ankles haven't been cleaned yet. Where are the baby's ankles?").



BODY PARTS FOR 3s - Wednesday

Book

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

Before reading: How many hands are on the cover picture? How many children? What is the same about these children? What is different?

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, Cut 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. Monitor while they cut out the 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. 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 3s - Thursday

Book

From Head to Toe by Eric Carle

Before reading: Look at the gorilla on the cover. How is its body the same as ours? How is it different? Which two body parts is it pointing to? What do you use your head for? What do you use your toes for?

While reading: Which part of your body helps you turn your head? Which body parts do your shoulders attach to? What can your arms help you do? What else can your hands do besides clap? What is inside your chest? Where are your hips? What do your legs help you do?

After reading: Which animal _____ (arched its back, stomped its feet, wiggled its toes, etc)? Show me which body parts you remember moving like the animals.

Song/Poem

All of Me Poem by Jessica McDonald

Materials: poem (below), marker/crayon/highlighter

This poem can be printed for your child to see or can be written out on paper or a white board. Begin by reading the poem to your child while pointing to each word as it is read. The second time, read one line at a time, emphasizing the body part word (hands, arms, fingers, legs, eyes). After each line, ask your child which body part was named and have them highlight or color that word. Once all of the body parts have been highlighted, reread the poem, pointing to each word, and when you get to the highlighted word have your child hold up or point to that part of their body. They can also help you recall what each part can do (clap, hug, snap, etc.).

Be sure to point out the rhyming words that have the same *ending* sound!

Fine/Gross Motor

Magazine Search

Materials: magazines, scissors, paper, glue, marker

On separate pieces of paper write the name of one body part (eyes, arms, feet, etc.). If your child is struggling to remember a particular body part that could easily be seen in magazine pictures (shoulder, hips, etc.), you may want to choose those for additional practice. Review each body part selected with your child and then let the magazine hunt begin! Have your child flip through the pages and cut out pictures that match your selected parts to create several posters. Once the picture is cut out it should be glued on to the poster (i.e. the "Eyes" poster should be covered in pictures of eyes). At the end of the activity, count how many pictures of each body part were found.

Body Shapes

Materials: You can use anything to either draw or show various shapes; paper and writing utensil, white board and marker, shape cards, shape poster, etc.

One at a time, draw or show the following shapes; square, crescent, triangle, circle, rectangle, and star. Point out/have your child determine if the shape has straight or curved lines, how many sides it has and how many points it has. Next, challenge your child to create that shape with their body. For example, to create a triangle your child may do the downward dog position, using the floor as the third side, or do the butterfly position with their legs to create a triangle. See how many different ways they can make each shape and guide as needed.

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 3s - Friday

Book

Me and My Amazing Body by Joan Sweeney

Before reading: Let's look at the cover picture. What is the girl holding a picture of? Where can you find your skeleton? (If they are unsure of the answer share that they will find out in the story.)

While reading: On the first page, "What do you recognize on this page that we did this week?" (body tracing).

On the second page, "Can you think of any other body parts that we can see?" Relate the fourth page to the cover photo. Try to feel bones through your skin.

Try moving various parts of your body and feel the muscles tighten and release. Share that later they will be learning more about the brain and doing brain activities. Brainstorm times your body has bled. Place a hand on your heart to feel it beating. Place hands on your ribs while taking deep breaths to feel your lungs moving air in and out of your body. Have your child point out the internal body parts (muscle, bone, brain, heart, veins) on the poster page. Everyone has a body but what are some ways people are the same/different?

After reading: What was something new you learned from this book? What does your brain control? Why is it important to eat healthy food?

Song/Poem

All of Me Poem by Jessica McDonald

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. Supervise your child cutting out the brain (below) 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 learn.

Brain Surgery and Letter Match

Materials: Red Jello, medium bowl, letter magnets or plastic/foam puzzle pieces (B, R, A, I, N), tongs or tweezers, baking sheet, paper, writing utensil

On a piece of paper trace the B, R, A, I, N letters. Make the Jello. Once it has partially solidified in a bowl, stick the BRAIN letters into it. After the Jello has fully solidified, place the bowl in warm water for 30 seconds and turn it over onto a baking sheet to use as a "brain". Perform "brain surgery" by using tongs or tweezers to remove each letter carefully, as not to damage the "brain". 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 and identify each letter.

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

Body Race

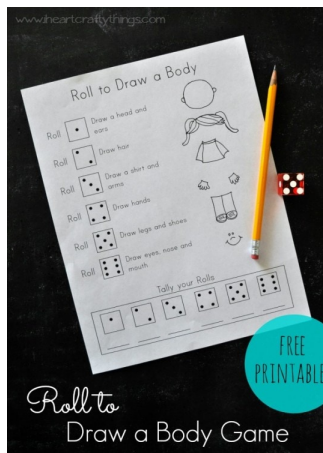


Face Puzzles



Roll to Draw a Body

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Body Trace, Cut and Paint



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Brain Surgery and Letter Match




All of Me

by Jessica McDonald

My hands are for clapping 

My arms can hug tight 

My fingers can snap 

Or can turn out the light 

My legs are for jumping 

My eyes help me see 

This is my body, 

And I love all of me!

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