

Objective

By the end of this lesson, the student will be able to identify and point to basic body parts such as the head, shoulders, knees, and toes while engaging in fun and interactive activities that reinforce learning through play.

Materials and Prep

- No special materials are needed for this lesson. Just a comfortable space for movement and play.
- Ensure the environment is safe and free from hazards, allowing the child to explore freely.

Activities

- **Body Part Song:**

Sing a simple song about body parts, like "Head, Shoulders, Knees, and Toes." Encourage the child to touch each body part as you sing.

- **Body Part Dance:**

Play some fun music and have a dance party where you move each body part as you name them. For example, wiggle your fingers, shake your hips, and stomp your feet!

- **Mirror Play:**

Use a mirror to help the child look at their own body parts. Point to your head, arms, and legs, and encourage them to do the same.

- **Body Part Game:**

Take turns pointing to different body parts on yourself and then on the child. Encourage them to repeat the names of the body parts.

Talking Points

- "Where's your head? Can you touch your head?"
- "Let's wiggle our fingers! Wiggle, wiggle, wiggle!"
- "Look in the mirror! Can you see your eyes? Blink, blink!"
- "Can you stomp your feet? Stomp, stomp, stomp!"
- "This is your tummy! Can you give your tummy a little hug?"