

Materials Needed:

- Large paper or whiteboard
 - Crayons or markers
 - Simple books about the human body (e.g., "From Head to Toe" by Eric Carle, but any simple body part book works)
 - Optional: Index cards for matching game
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Lesson Activities:

Warm-up: Body Part Song! (5 mins)

Let's get moving! Stand up and let's sing and do the actions for "Head, Shoulders, Knees, and Toes." Sing it slowly first, then speed up! This helps us remember where our parts are.

Reading Time: My Amazing Body! (10 mins)

Sit together and read a simple book about body parts. As you read, point to the body parts on the pages and then point to the same parts on your own body or your child's body. Ask questions like, "Where are your eyes? What do we do with our eyes?" Emphasize the words for the body parts.

Activity 1: Simon Says - Body Parts Edition! (10 mins)

Play a game of "Simon Says" using body parts. Give simple commands like:

- "Simon says touch your nose."
- "Simon says wiggle your ears." (Giggle time!)
- "Simon says stomp your feet."
- "Touch your head." (Oops! Simon didn't say!)

This helps with listening skills and identifying body parts quickly.

Activity 2: Draw and Label Me! (15 mins)

Get the large paper or whiteboard. Draw a simple outline of a person. Ask your child to name different body parts. As they name them, help them draw the part on the outline (or you can draw it). Then, write the word for the body part next to it (e.g., HEAD, ARM, LEG, FOOT). Sound out the letters together. Encourage your child to trace the letters or try writing them.

Activity 3: Word Matching (Optional - 5 mins)

If your child is ready, create simple matching cards. On some cards, draw a picture of a body part (eye, ear, nose, hand, foot). On other cards, write the word. Mix them up and have your child match the picture to the word.

Wrap-up: Point and Say! (5 mins)

Quickly review by pointing to different body parts on yourself or your child and asking, "What's this?" Celebrate all the body parts they learned today!