

Theme: My Body! Week 2

This document contains all of the activities for the theme My Body “for the age group “Big Kids.”

Have fun!

Questions or comments? Please email us at

[playconnecttoday@gmail.com!](mailto:playconnecttoday@gmail.com)

All activities require adult supervision!

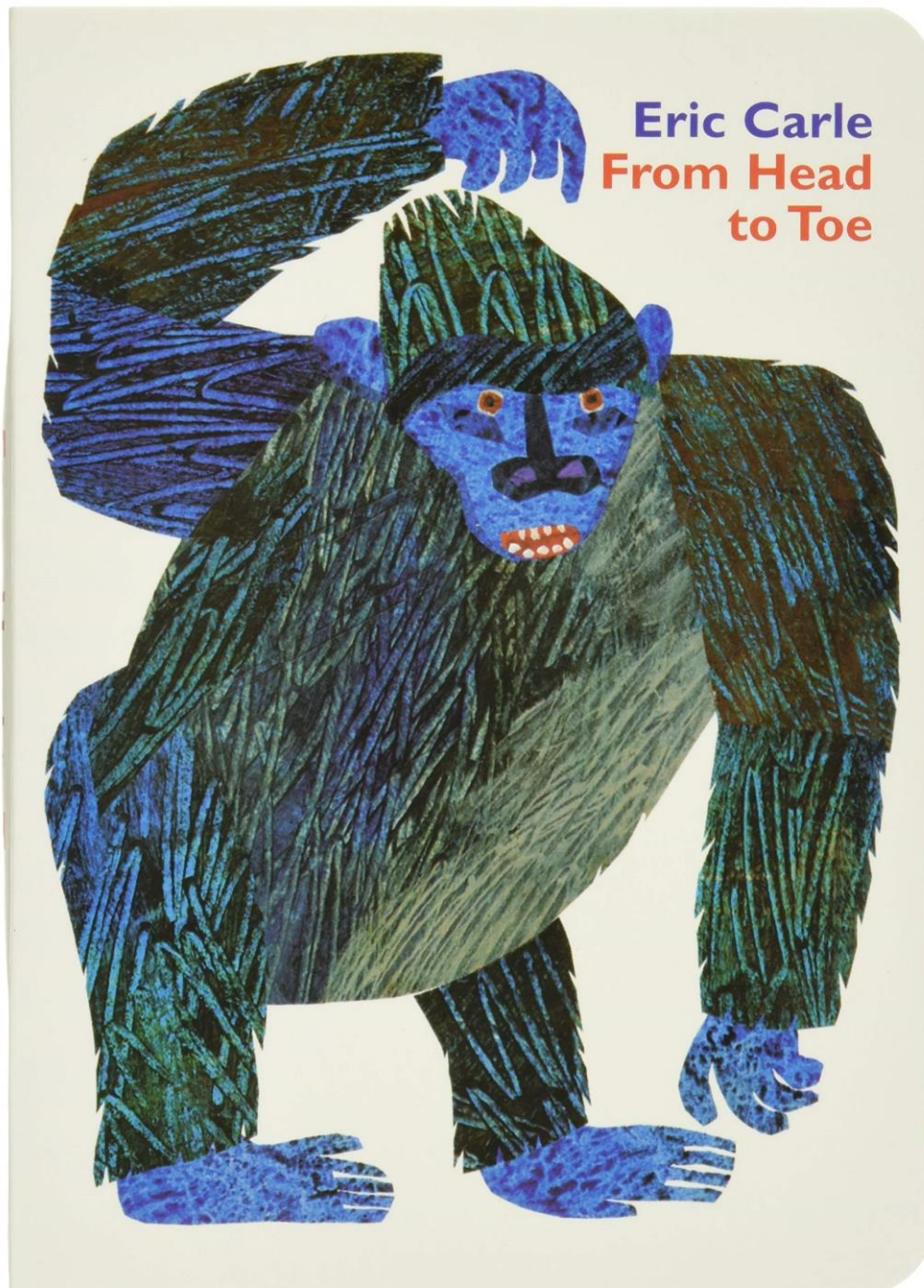
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*Clip art images taken from: <https://publicdomainvectors.org> and <https://clipartsearch.freebusinessapps.net/>

*Images used from: unspash.com

Book Suggestion

(We highly recommend checking your local library for this book, however if you cannot find it-please see link on our “Theme extras” web page to purchase if desired or find another book that showcases my body)! -We suggest using the same book for two weeks as this really helps children gain reading comprehension of the book!



Created by



Song Suggestion

I Can Move My Body

Written by: Play Connect LLC

I can move my body all around
I can even do it without making sound!

I can move my arms high in the sky
I can jump my legs from side to side
I can wave my hands as people go by

I can move my body all around
I can even do it without making sound!

I can wiggle my toes in the sand
I can nod my head to the beat of the band
I can smile my mouth nice and wide
I can push it down low when I cry

I can move my body all around
I can do it, can you without making sound?!

Simple Vocabulary Words

These are optional vocabulary cards to show your child before reading the story to help with understanding. It is also a great idea to point out the words while reading the book!



HAND



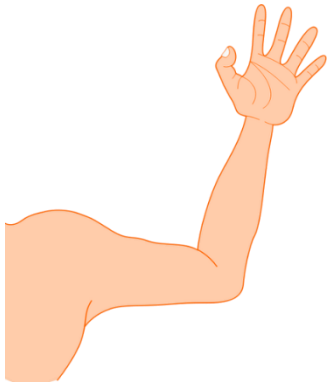
FOOT



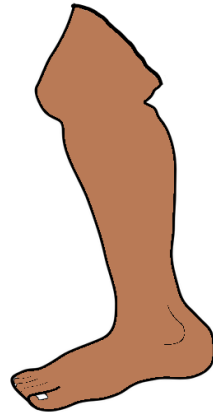
FINGERS



TOES



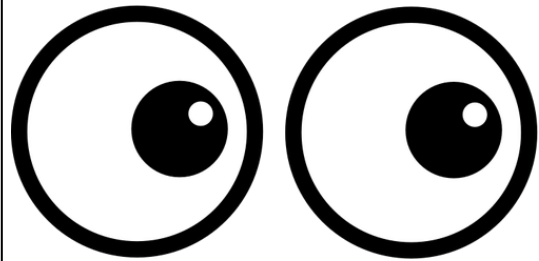
ARM



LEG



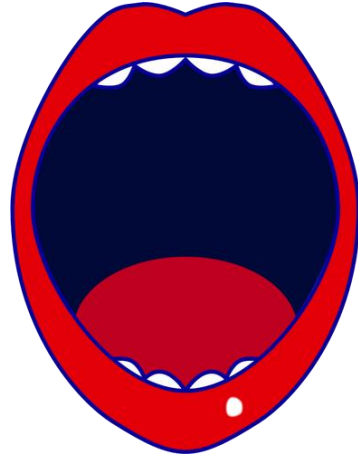
HEAD



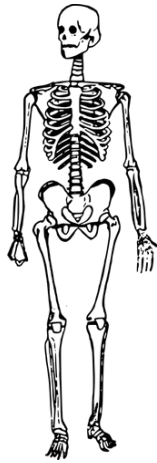
EYES



NOSE



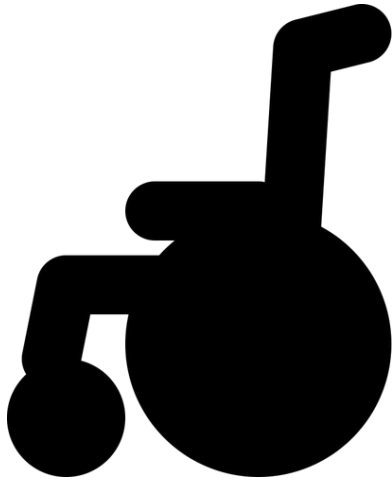
MOUTH



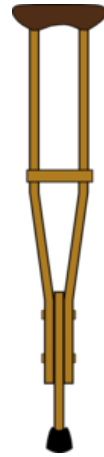
SKELETON



TEETH



WHEELCHAIR



CRUTCH



CANE

Art Project: Food Person

What you need for this activity:

*Various foods

Directions:

*For this activity your child(ren) will create a “food person.” *You are responsible for knowing what foods are safe for your child to eat and work with.*

*Set out various foods for your child to create a “food person” with. We recommend doing this on a plate so they can eat it afterwards! You and your child(ren) may of course, choose whichever foods they like; however, we have listed some ideas below for food “body parts.”

Hair: spaghetti noodles, spinach leaves, banana peel

Head: lettuce leaf, orange/lemon slice

Eyes/Nose: grapes, olives, chocolate chips

Mouth: macaroni noodle, cherry tomato slice

Torso: Part of slice of bread, banana sliced in half

Arms/legs: chocolate pieces, banana slices, pepper slices

Wheelchair: bread (as seat), cookies (as wheels)

Cane: carrot, green onion

Crutches: Cucumber (sliced vertically)



Created by



Pre-writing Activity:

Tracing lines

What you need for this activity:

- *Walk the line page
- *Writing utensil

Directions:

- *This activity will ask your child to practice their skills with horizontal lines which are important for your child(ren)'s ability to form letters.
- *Ask them to trace the first line, trace and complete the second line and then form their own horizontal line for the third images.

Math Activity: Fingernail Patterns

What you need for this activity:

- *Hands page
- *Coloring utensils

Directions:

*This activity will ask your child to work with their pattern abilities. As this activity is for the beginning of the (school) year, we will only focus on abab patterns to start. If you feel your child is ready, you may, of course, ask them to create more challenging patterns.

*Ask your child to “paint the fingernails” on the hands below. They may create patterns of their choosing!

*Bonus: paint your real nails with patterns!



Language Activity:

Express Yourself

What you need for this activity:

*Group of children

Directions:

*For this activity, your child will practice their “My Body” vocabulary along with pre-writing by creating their own “My Body Book.”

*On the cover page: ask your child(ren) to draw (or take and glue on) a photo of themselves. At the bottom they should write their name

*For each following page they should draw an image of the body part(s) that are written. OR they may paste a photograph. They should also trace the words written in dashed letters.

*You will notice that in between the “eyes, nose, and mouth” page there is a blank page. This is in case your child(ren) wish to draw another part of them!

*On the last page they may once again draw an image of themselves.

MY BODY BOOK

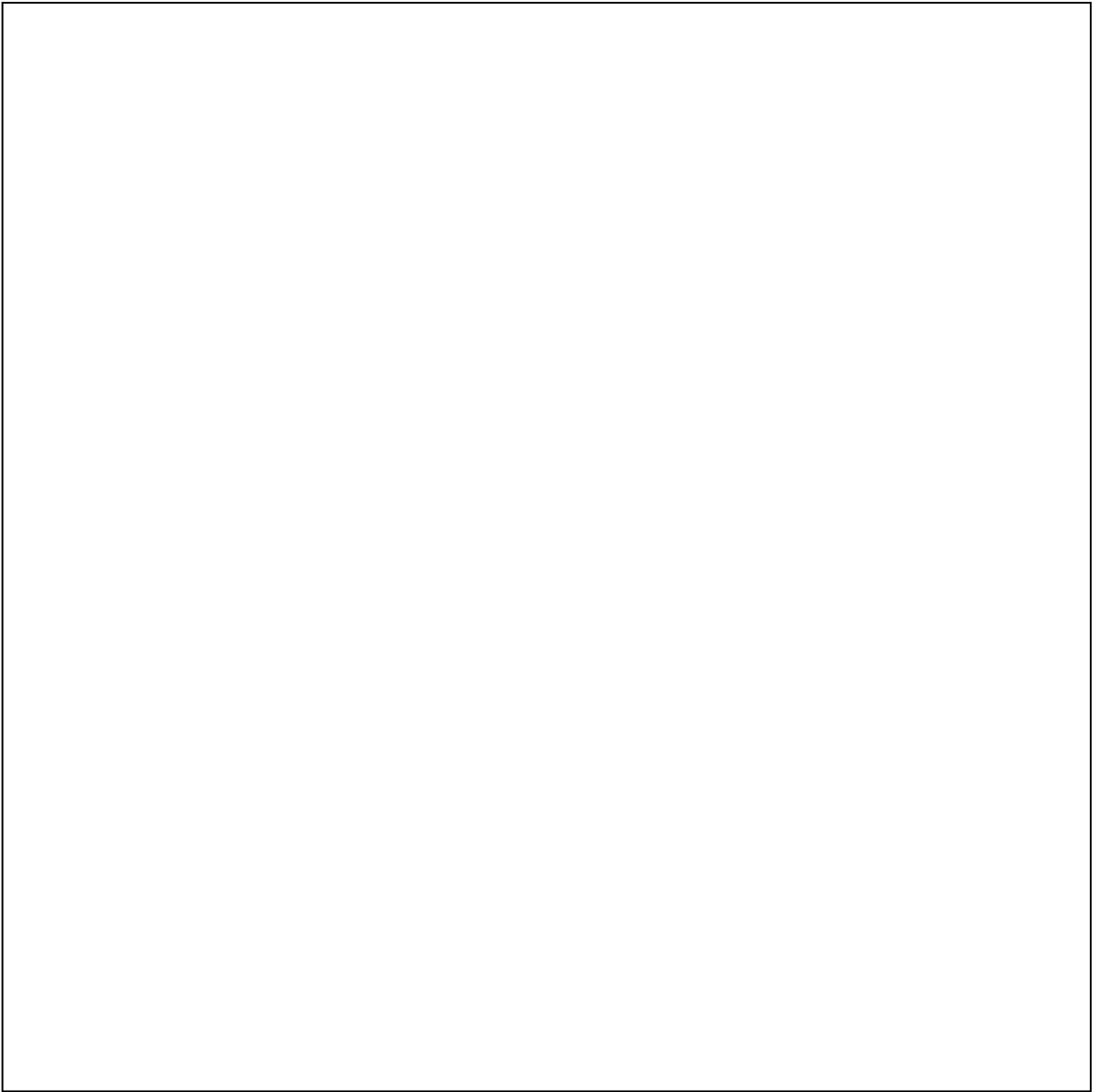
Written and illustrated by: _____

These are my HANDS

These are my FEET

This is my HEAD

These are my EYES,
Nose, And Mouth!



This is fantastic ME

Science Activity:

Germs

What you need for this activity:

- *Sugar
- *Food coloring
- *Small bowls

Directions:

*For this science activity your child(ren) will learn about germs and the importance of washing hands well!

*To start- place sugar into separate small bowls (one per child/adult participating). Drop a small amount of food coloring into each bowl (use each color only one time). Give it a stir and then let it sit to dry (or else hands may get dyed too).

*Once it is dry ask children what they know about germs. Maybe they know they are “yucky” or something we don’t want. Tell them that everyone has their own germs and germs *really* like to go on our hands.

*Let them choose ONE color to place on their hands – make sure they put plenty on. Tell them this is their “germ powder.”

*Then tell them they will go around and touch each other’s hands (or arms), ask them to predict what they think will happen. Then do it!

*What happened? Did the different colors of “germs” rub off onto other people?

*We can easily get germs by touching other people and surfaces. Even though we can’t see germs, they are there and can make us sick, that’s why we need to wash our hands really well! Have children wash hands, making sure to get all of the “germs” off.

