



Appropriate for :
Infants, Young Toddlers and Older Toddlers.

Let's Learn Body Parts

SUPPLIES NEEDED:

- Children interested in participating

INSTRUCTIONS:

- Chant while pointing or moving body parts as named:
Elbow, elbow.
Wrist, wrist.
Fingers go like this, this.
Knees and toes.
Hips and nose.
That's the way it goes!

What the adult can do to support learning and development in these domains:

- Model pointing to body parts as you chant.
- Use mirrors to reinforce naming body parts.
- Play “Simon Says” (without putting anyone “out”). Simon tells children to touch noses, arms, feet, etc. Play this during diapering routine with individual children.
- Extend chant with other parts of the body.

Examples of language that can be used between caregiver and child:

- “Simon says point to your nose. Amy, where is your nose?”
- “There you go, Max. That's your knee!”
- “Where are your wrists? We all have two wrists. One wrist, two wrists.”
- “What body part do you want all of us to wiggle, Nick?”

This activity highlights support for the following *NCFELD* domain:

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| Cognitive Development | Approaches to Play & Learning | Language Development & Communication | Emotional and Social Development | Health & Physical Development |
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