



About Me

Body Awareness/Senses

Activity Ideas

Body Part Riddles

Say riddles to the children such as, "I'm thinking of the body part that you put your socks and shoes over. What is it?" or "It's on your face. You use it to eat and talk with. What is it?"

What Can Body Parts Do?

Have the children stand in front of you and imitate your movements. Select a part of your body to exercise. For example, talk about the actions feet can do.; feet can wiggle, curl and stretch, tip toe, stamp, kick, tap, circle, walk, run, hop, skip or, better still, can even dance around the room.

What Can Body Parts do II

Explore with the children what the body can do:
Here are some examples, but see what else the body can do
Twist your neck
Poke out your tongue
Bend your arms/knees
Open your mouth
Close your eyes

Kid Connections

Each child finds a partner. As you call out body parts, each child connects with their partner e.g. 'Toe to toe', 'elbow to elbow' or 'knee to knee.' Make it harder by connecting cheeks, thighs and knuckles.



Changing Body Game

Get a picture each of all the children and glue it to a piece of paper. Then allow the children to go through magazines, newspapers, etc... and cut out pictures of animals, people, characters. Then cut off the heads of all of these pictures and they can place them over their picture to see what they would look like in someone else's body!

Ready for Riddles

- Fragrant perfume, pizza too, smelling them is what I do. What am I? (Your nose.)
- Beautiful rainbows, flowers too, seeing them is what we do. What are we? (Your eyes.)
- Jingling bells, car horns too, hearing them is what we do. What are we? (Your ears.)
- Crispy carrots, ice cream too, tasting them is what I do. What am I? (Your tongue or mouth.)
- Long and strong, short ones too, Hold you up is what we do. What are we? (Your skeleton or bones.)
- Mashing your lunch, breakfast too, breaking up food is what we do. What are we? (Your teeth.)
- Big as your fist, hardworking too, pumping blood is what I do. What am I? (Your heart.)
- Filling with air, there are two, breathing is what we do. What are we? (Your lungs.)

Am Some-BODY

Familiarize your children with some of the basic organs inside their bodies using this simple action rhyme. If possible, show the children a large chart of the inside of the body, pointing out the location of each of the major organs in the rhyme.

I have a brain to think with. (*point to head*)
Two lungs that breathe quite well. (*take a deep breath*)
I have a heart that pumps my blood. (*place hand on heart*)
To each and every cell. (*run hands down body*)
I have a skeleton that holds me up. (*stand stiff and straight*)
Strong muscles that move while I play. (*flex biceps*)
I have a stomach that helps digest my food. (*pat abdomen*)
My body is busy all day!

Senses Sorting

Divide a large piece of construction paper into 5 equal parts. Encourage the children to cut around the senses pictures. Then ask them to sort the pictures accordingly and glue them onto the construction paper.

Textured Gloves

Fill separate disposable rubber gloves with textured materials such as jelly, rice, beans, or cotton. Tightly tie the opening of each glove with a length of yarn. (Keep the jelly-filled gloves chilled until you are ready to use them).



Invite the children to feel, poke, and manipulate the gloves with their eyes closed. Encourage them to describe the texture and movement of each glove as they explore it.

Does it smell?

Place four containers with clear liquid (water, mineral oil, vinegar, alcohol). Encourage the children to identify the content of the containers according to whether it **smells or does not smell**.

Light a match. Ask the children what they smell. What does the smell tell them? Discuss and list how the sense of smell warns us of danger. Example: smoke from fire, bad smell in rotten foods, smell of gas from stove. Explore other ways the sense of smell helps us in times of need.

Sandpaper Gingerbread Men



Cut out "5" gingerbread men (a cookie cutter works great) - trace shapes out of sandpaper for each child. Rub each set with (1) lemon (zest only); (2) peppermint extract; (3) onion; (4) baby powder; and (5) cinnamon. Let the children use their "nose" to discover what scent is hidden on the sandpaper gingerbread men.

Blindfold Games

Play traditional blindfold games such as pin the tail on the donkey and blind mans buff. Extend the activities to making up a face or adding body parts.

Paint by Music

Have the children draw or paint with eyes closed (use blindfolds if they are able to cope with it). It makes for an interesting picture and a totally different experience. Play different types of music from classical to hard rock and have the kids draw what they hear. Play a relaxation tape of water or waves or the forest and also have them draw what they hear.

