



THE IOWA
CHILDREN'S
MUSEUM



4Cs
Community Coordinated
Child Care

BODY PARTS

Play provides the emotional spark which activates our attention, problem solving and behavior response systems so we gain the skills necessary for cooperation, co-creativity, altruism and understanding.

*Carla Hannaford - Smart Moves:
Why Learning Is Not All In Your Head*

From Head to Toe by Eric Carle

From Head to Toe is an interactive story about how creatures move their bodies in lots of different ways – just like humans. From your head down to your toes, you'll be wriggling, jiggling, and giggling as you try to keep up with these animals.

Ages: 0 to 6 Years

Explore the Book Ideas:

- Before you read the book vocabulary: Talk about each body part word pointing to the body part on yourself and ask each child to repeat the same word and pointing to their body part to mimic you.
- Have children act out the body movements just like the animals as they join in with you to repeat "I can do it too."

Playful Activity Ideas:

- 1) Yoga for Kids: Follow along with the Yoga Kids video to learn how to stretch and strengthen your body parts.

Kit Supplies: Yoga Kids video

- 2) Create a Body Map: Use roll of butcher paper to trace out one child's body. Have children cut out their bodies if able. Read the Shel Silverstein poem "Band-aids" and have children attach band-aids to the body parts mentioned in the poem.

Kit Supplies: roll of butcher paper, Shel Silverstein poem, band aids

- 3) Play "Hokey-Pokey": Dance and sing along to the Hokey-Pokey, emphasizing each body part as you "shake it all around!"





THE IOWA
CHILDREN'S
MUSEUM



4Cs
Community Coordinated
Child Care

BODY PARTS

When we play, dopamine is released which induces elation, excitement, and orchestrates nerve net development and alignment all over the brain. When we are able to take in our fill of sensory stimuli, process and integrate it with richly developed base patterns, and express new insights in a creative way, both physically and verbally, we are then truly at play.

Carla Hannaford - Smart Moves:
Why Learning Is Not All In
Your Head

Ten Little Fingers and Ten Little Toes by Mem Fox

Ten Little Fingers and Ten Little Toes celebrates babies from all over the world and one of the things that connect them all – their adorable fingers and toes!

Explore the Book Ideas:

Ages: 0 to 3 years

- Before you read the book sing a song with the children.

Take off everyone's shoes and touch each of your fingers and toes as you sing encouraging them to do the same. Sing "One little, two little, three little fingers. Four little, five little, six little fingers. Seven little, eight little, nine little fingers. Ten little fingers on my hand." Repeat for toes.

- As you read, leave off the last word. Touch the picture and see if the children can fill in the blanks... especially for the words "fingers" and "toes."
- After you finish reading the story, try to relate the book to the children's experiences. Look at the pictures on each page and ask if any of the children have had a similar experience. You might say, "Look at this picture. What are the babies riding on? That's right, a swing! Have you ever ridden on a swing? Were you having fun and laughing just like the baby?"

Playful Activity Ideas:

- 1) Baby Picture Guessing Game: Ask the parents/caregivers of each child to give you a baby picture of their child letting them know that you'll be keeping the photo to make it into a game for their child. Make a Peek-a-Boo Board out of the photos, putting each photo under a felt flap. When children look under the flap they'll find the baby photos of all their friends. You can enhance this game by asking specific children to find the photo of another child.

Kit Supplies: Peek-a-Boo Board

- 2) Play "Head, Shoulders, Knees, and Toes".

