

Touch Your Toes

Touch your toes.



Invite your child to touch parts of her body while you touch and name yours.

Your child will learn about herself and better understand the name that goes with each body part.



Why this is important

When your child learns the names of her body parts she is getting to know herself better. By repeating the name several times, you encourage her to try to say the name. In naming and locating the various parts of her body, your child becomes more aware of herself as an individual.

What you do

- Touch your ears while saying: *I'm touching my ears. Can you touch your ears?* In the beginning, choose familiar parts such as ears, tummy, or toes.
- Give her plenty of time to respond, and repeat the word if needed. She will follow your lead but may be slower in touching the right spot because she has to see where it is first. If she needs help, gently guide her hands to the body part.
- Invite her to lead the game as you name the parts after she points to them. This gives her a chance to hear the words for those parts she may not know the names of yet.
- Encourage her to repeat the word as she points to that part of her body. *Tummy. You are pointing to your tummy. Can you say tummy?*

Another idea

Turn the game into a song that involves body movement. Try a simple version of "Looby-Loo" or "Hokey Pokey." You can add new verses as she learns the words for more body parts.

Let's read together!

From Head to Toe
by Eric Carle