

# Body Awareness – Body Part Recognition

## “Itchy, Itchy”

**Lesson Objective:** Children will learn the familiarity with body parts and their movement, body part association and following directions.

### Interactive Dialogue

- Discuss with the children about how amazing the human body is.
- Have them bend their elbows, wiggle their fingers, turn their heads side to side, hug their knees, etc.
- Using the Body Part Recognition Visual Aids, hold up a picture of a body part and ask for the name for that part of that body, repeat for each part – having the children point to, wiggle, or gently itch their foot, knee, leg, arm, etc.
- Using the larger girl body picture and stars from the Bridging Activities file, quiz the children by having them help you place the larger red star on the girl body part that you name on the display board.
- Give each child a small star from the Bridging Activities file and ask them to place their star on their own body part.
- Ask for a volunteer and ask him or her to name the body part and put the teacher's red star on the display board in the right place and lead the other children.
- Repeat so that all children can participate and take a turn at the display board.
- Collect all the stars and put them away.
- Ask the children if they ever have an itch. Ask where the itch is – pointing to your own part of the body. This will lead the discussion into the lesson's song.
- Listen to the song *Itchy, Itchy* and have the children observe as you do the movements.
- Invite the children to learn the song and movements. Walk the children through the movements in short segments. Have them repeat the movements as you say the words to the song. Encourage the children to learn the words to the song.
- Play the song and have the children sing and do movements. Repeat.

### Recommended Booklist

- Intrater, Roberta Grobel. *Two Eyes, a Nose, and a Mouth.*
- Martin, Bill Jr. *Here Are My Hands.*
- Arnold, Tedd. *Even More Parts.*
- Bullard, Lisa. *My Body: All About Me Head to Toe.*

### Related Activities

1. Sing and do the motions for “Head, Shoulders, Knees, and Toes” with the children.
2. Make Body Part Posters. Select a body part and have each child cut pictures from magazines to make a collage. Label your poster.
3. Trace each child's body on a large piece of paper. Have the children decorate their body outline, then have the children point to the body parts as you call them out. Hang the papers up in the room! Don't forget to have the children put their name on them.
4. Go for a walk with your child and talk about all the body parts you are using

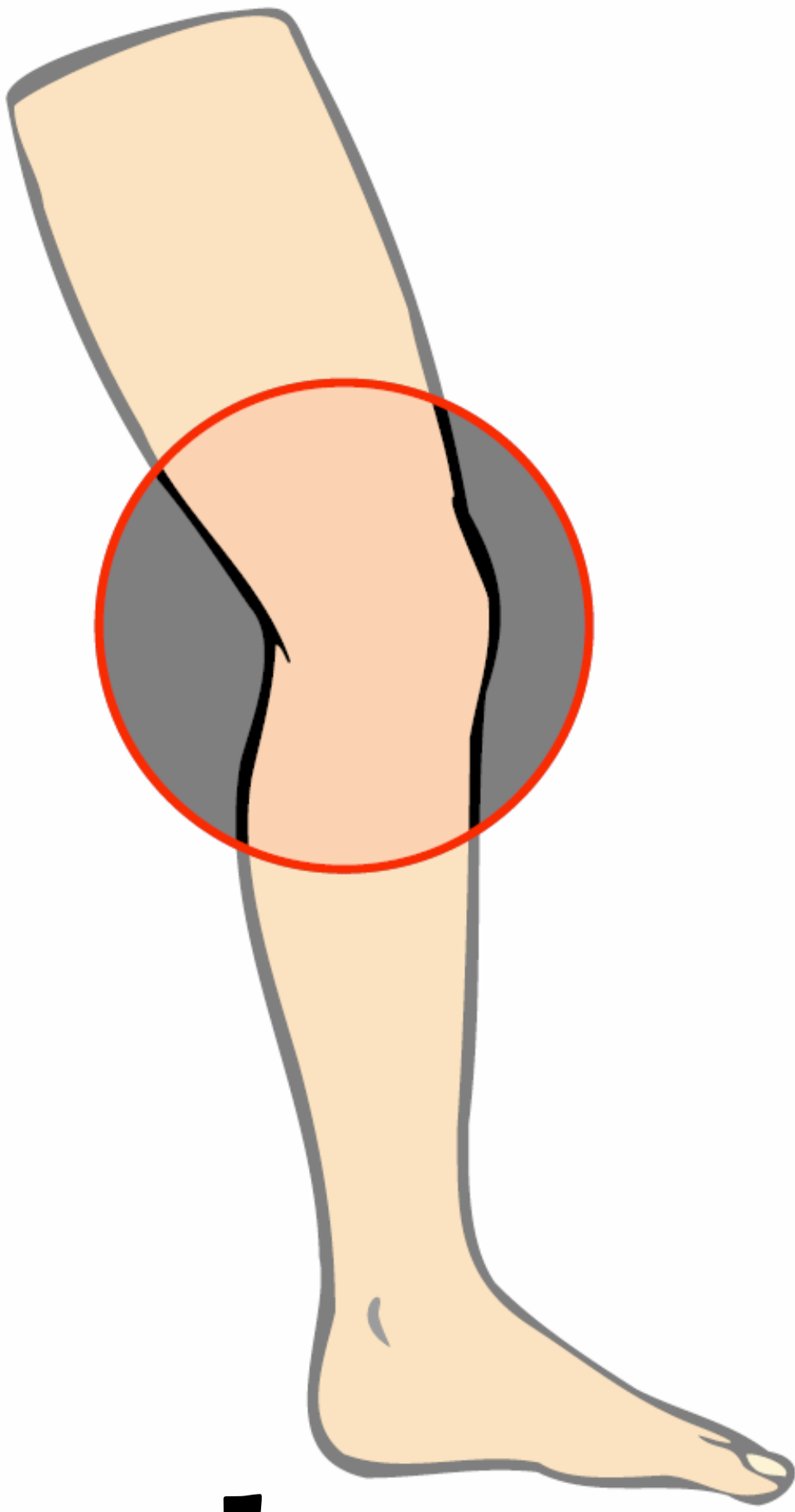
# Alphabet - Learning Our ABC's

## Visual Aids

Instructions: Print each picture on 8½"x11" card stock and laminate if desired. Attach a magnet strip or Velcro on back of each page for use on a magnetic or felt board.



# knee



# Alphabet - Learning Our ABC's

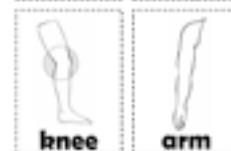
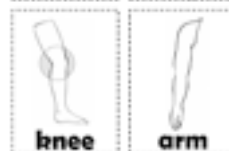
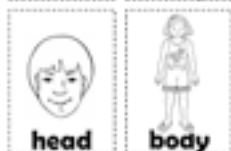
## Bridging Activities

### Instructions:

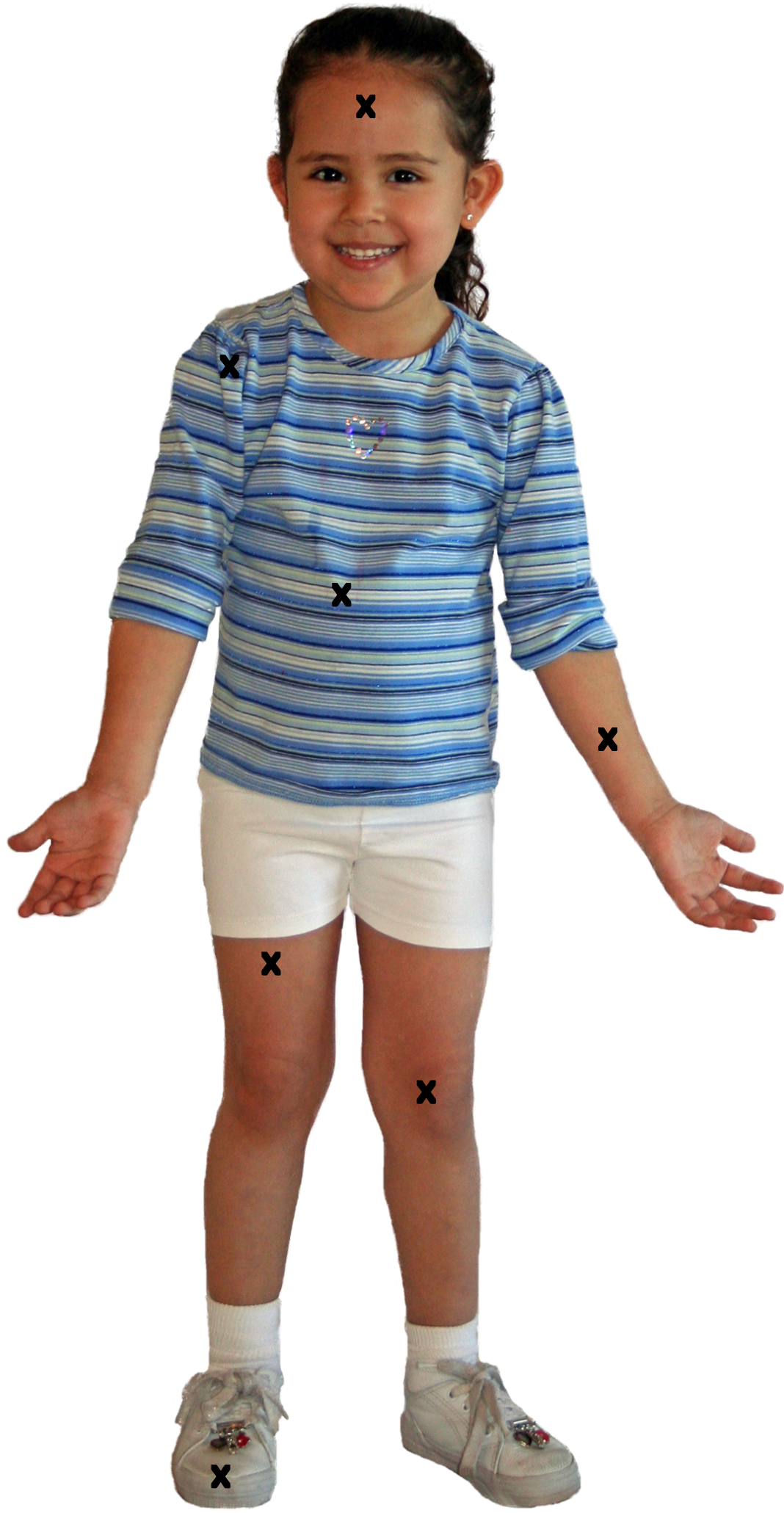
1. Print full body girl on 8½"x11" bond. Then enlarge to 11"x17" size. Attach magnet strip or Velcro to back to be used as poster on magnetic or felt board.
2. Attach Velcro "front" on the front of body image at the 7 locations marked with an "X."
3. Print larger red star on card stock (lamine if desired) and attach Velcro "back" on back side.
4. Print as many colored star sheets on card stock as needed for each child to have one star. Cut each star out along dashed lines, laminate if desired. Use as directed in the Interactive Dialogue.



Instructions: Print one set of each page on 8½"x11" bond for each child. Have the children color the body parts, cut along dashed lines, and create 2 sets of body part flash cards. Cards can be used with the song, and then used to play the memory game to find matching pairs.



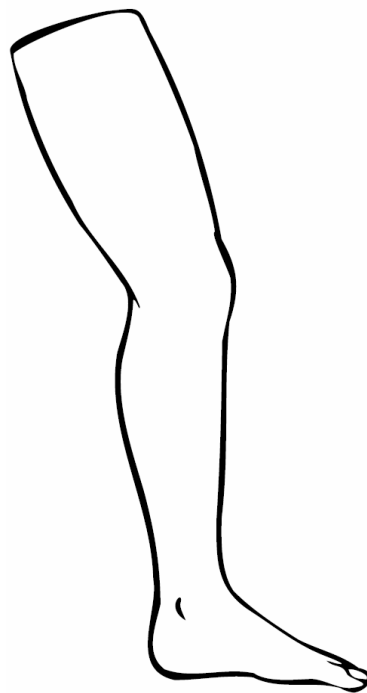




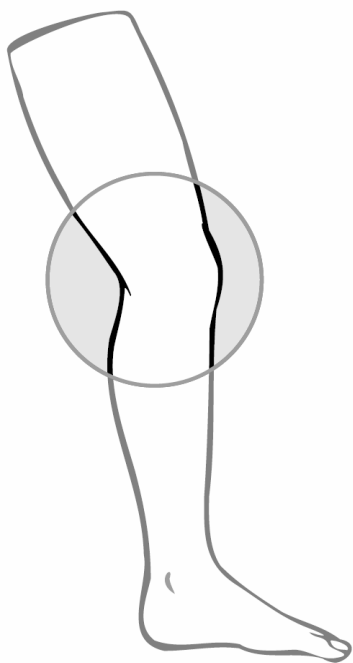




**foot**



**leg**



**knee**



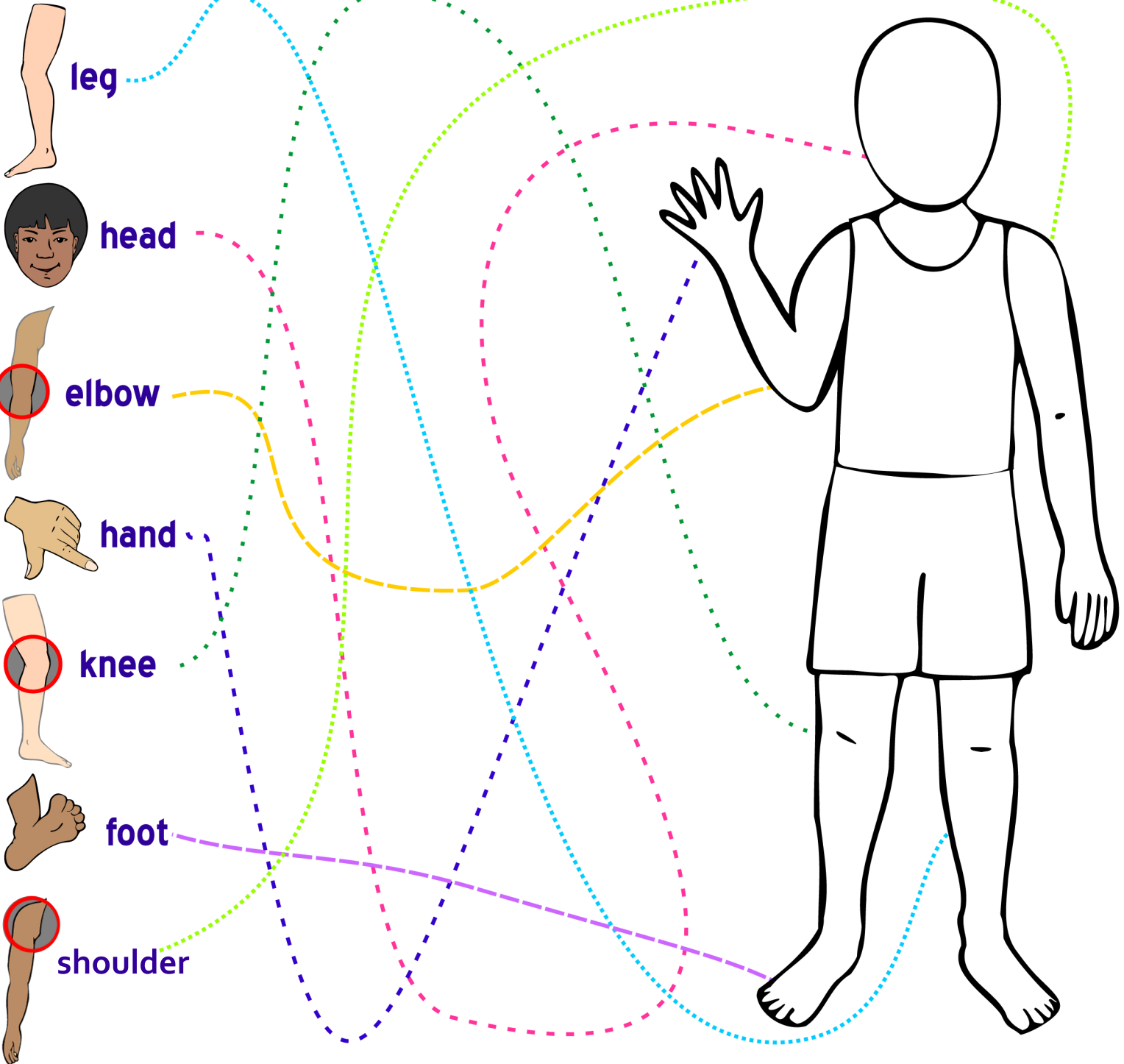
**arm**



## External Body Parts



Trace each dotted line to find the body part it leads to. Color the child to look like you.



### Riddles:

1. What is the body part between your head and shoulders?
2. What is the body part at the end of your arm?
3. What is the body part that helps your arm bend?
4. Which body part connects your body to your foot?