



Parts of my Body

Ages 1 year—2 years

Objective: The child will make awareness of their body parts through hearing and counting them.

Materials needed:

You and your child—and their body parts!

Procedures

1. Sit in an open area free of any toys or distractions for your child.
2. Begin by sitting your child in your lap. Grab one of their feet and start pointing to and counting each of their toes. Now count the other foot the same way.
3. Now grab one of their hands. Count each of their fingers to them, pointing to each as you do so. Now grab their other hand and teach/count the same way.
4. Encourage child to “count with you.”
5. Follow the instructions and parts of the body to count and teach your child on the next page.



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6. Say the names of the body parts before you count them to your child. Such as, point to your child's feet and say "feet", then count their feet. Ask child to try and repeat the word "feet" after you.

7. Do this same way of teaching each of your child's body parts. Count yours to your child afterwards.

8. Body parts to say/teach and count on your child:

- Feet, toes, legs
- Arms, hands, fingers
- Eyes, ears, mouth, cheeks, head, nose
- Belly button
- Knees and elbows

Milestones to meet:

The child shows willingness to count along. The child recognizes they have body parts. The child begins to learn names of their body parts.

Evaluation:

Did this lesson work for your child? Why or why not?