



Parts of my Body

Ages 2 years—3 years

Objective: The child will know their body parts through counting and saying them.

Materials needed:

You and your child—and their body parts!

Matching body parts (printable)

Crayon or Marker (for child to write with)

Procedures

1. Sit in an open area free of any toys or distractions for your child.
2. Begin by sitting with your child. Grab one of their feet and start pointing to and counting each of their toes. Now count the other foot the same way. Ask child to count their own toes.
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. Ask child to count their own fingers.
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 with your child. Such as, point to your child's feet and say "feet", then count their feet.

Ask child to say the body part word after you.

7. 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

8. Afterwards, sit at a small table and do the matching body parts sheet together with your child.

Milestones to meet:

The child can count their fingers and toes. The child recognizes and can name their body parts.

The child shows willingness to match same pictures.

Evaluation:

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