



Count Your Body Parts

1 year to 2 years

Objective: The child begins to recognize their body parts and counts them.

Materials needed:

Just you and your child!

Procedures:

1. Begin by going over your child's body parts: such as their toes, fingers, eyes, ears, nose, mouth, legs, and arms. Ask them to say them after you.
2. Start counting their toes, pointing to each as you do so.
3. Then count their fingers the same way.
4. Ask them to mimic after you or trying to "count along."
5. Count their eyes, ears, nose, legs, and arms the same way, pointing as you do so. See if they try.



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5. Optional: Now show them your toes and fingers. Count them and point. You may be able to ask them: How many eyes do I have? Or How many noses do you have? Show them and count and have them point to their own eyes and nose.

Milestones to meet:

The child can locate and tell what their body parts are. They try to count them, imitating you counting.

Evaluation:

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