



# Count Your Body Parts

## 2 years to 3 years

**Objective:** The child can recognize their body parts and counts them.

**Materials needed:**

Just you and your child!

**Procedures:**

1. Begin by asking your child where each of these body parts are on them: such as their toes, fingers, eyes, ears, nose, mouth, legs, and arms. Ask them to say them after you and point to each to show you they know where they are located.
2. Start counting their toes, pointing to each as you do so, and ask them to count with you.
3. Then count their fingers the same way.
4. Count their eyes, ears, nose, legs, and arms the same way, pointing as you do so. See if they follow along counting and pointing with you.



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5. Now show them your toes and fingers. Ask them to count them and point with you.
6. You may be able to ask them: How many eyes do I have? Or How many noses do you have? See if they answer you. Show them your eyes and nose, and count to answer if they do not answer first.
7. Last, have them point to their own eyes and nose, ask them to tell you what their eyes and nose are used for. (I.e. "You do what with your eyes? -see or look" and "What do we do with our nose? -smell or breathe")

### **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?