



Cognitive: Counting Fingers & Toes

Ages 1 year to 2 years

Objective: The child will make awareness of their fingers and toes through counting them.

Materials needed:

You and your child

Fingers/Toes Picture (print from resources page)

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. Ask child: "Can you count with me?"
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: "Can you count with me?"
4. Let your child off of your lap.
5. Start counting and pointing to your toes. See if your child shows interest and tries to "count."



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6. Hold up your hands in the air. Start counting all of your fingers out loud while "moving" each one as it is counted. This movement or "wiggle" of each finger as it is counted out loud helps gain your child's attention for this activity.

7. Now, hold up your hands in the air again, teaching and doing the same way as stated in #6, but this time count backwards from 10-1.

8. Using the printable sheet fingers and toes, count and point to all of the fingers with your child. Now point and count all of the toes with your child.

Milestones to meet:

The child begins to learn the concept of counting from 1-10. The child recognizes they have fingers and toes. The child shows a willingness to point to their fingers and toes as a form of "imitation counting along."

Evaluation:

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