



# Body Awareness/ Myself

## Outdoor activities

### - Making faces with natural objects



Using whatever natural objects you can find, can you make a self portrait out of natural objects? You could make your adults face too or siblings faces or even your pet!

### - Making skeletons with natural objects



Using sticks or whatever you can find, can you make a skeleton out of natural objects? You could make a skeleton family or animal too if you wanted.

## Indoor activities

### - Playdough faces



Using whatever materials you have, you could make your own playdoh if you wanted to or just mix cornflour and oil for a soft dough. Can you make yourself? Can you make your family?

- **Tasting new foods**



You could have a tasting session and try new foods that you haven't before. You can comment on them, if you like them or don't like them.

- **Labelling body parts**

You can point to different parts of your body and say the name of them or an adult could say where is your... and you can point to that part.

- **Simon says**

You could play a game of Simon says e.g Simon says touch your nose, head etc

- **Singing songs e.g head shoulders knees and toes**

Below there are many links to YouTube videos but you could also just sing your favourite songs which include body parts. See if you can do the actions too.

- **Self portrait**



Using pens, paper, paint, chalk – anything you have can you draw yourself?

- **Adding features to photographs/ magazine pictures**



Using photographs or magazine pictures can you draw on top of them to make them different?

- **Helping dressing/ undressing yourself or a doll/ toy**

Have a go at dressing yourself or helping as much as you can with dressing in the morning and undressing at bed/bath time. Can you try and pull your trousers up? Can you help do something you haven't done before?

- **Looking at family photographs**

Can you look at family photographs and talk about the people you can see and what they are doing?

- **Collage faces**



Can you cut up magazines to make a self portrait or a funny face picture?

- **Draw around yourself**



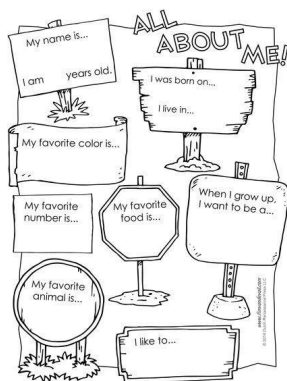
Find a big piece of paper or a smaller piece if you want to draw around your hand. You might want to ask a adult to help.

- **Make a mirror**



Using whatever materials you have at home, can you make a mirror? You will need tinfoil but the rest you can make with anything. Decorate it using your favourite colours or whatever you want.

- **All about me poster**



- You could write about your favourite things or you could draw them. You could find all of your favourite things and share them with your family. You could even print off pictures and make a collage of your favourite things.

**Worksheet based activities**

- **Twinkl**

Twinkl has a wealth of worksheets for your children but you do need to set up a FREE account which lasts a month. Search for 'body' in the search bar at the top and plenty of worksheets will come up.

<https://www.twinkl.co.uk/>

How do I sign up?

Step 1: Go to [www.twinkl.co.uk/offer](http://www.twinkl.co.uk/offer)

Step 2: Enter the code CVDTWINKLHELPS

**YouTube videos**

- **Super simple head shoulders knees toes**

<https://www.youtube.com/watch?v=RuqvGiZi0qg>

- **Learning station – head shoulders knees and toes**

<https://www.youtube.com/watch?v=TSdelhmv6v0>

- **Walking hop hop**

<https://www.youtube.com/watch?v=r6cJB7k6eEk>

- **Body parts song**

<https://www.youtube.com/watch?v=C2WJ2bWTV2g>

- **Parts of the body song**

<https://www.youtube.com/watch?v=BwHMMZQGFoM>

- **This is me**

<https://www.youtube.com/watch?v=QkHQ0CYwjal>

- **Kids body vocabulary**

<https://www.youtube.com/watch?v=SUt8q0EKbms>

- **One little finger**

<https://www.youtube.com/watch?v=eBVqcTEC3zQ>

- **If you're happy and you know it**

<https://www.youtube.com/watch?v=71hqRT9U0wg>

- **If you're happy**

<https://www.youtube.com/watch?v=l4WNRvVjiTw>

### **Online Games**

- **Learn kids English**

Games which teach spelling and labelling parts of the body.

<https://learnenglishkids.britishcouncil.org/category/topics/parts-the-body>

- **Learning games for kids**

Labelling parts of the body game

[https://www.learninggamesforkids.com/health\\_games/body\\_parts/labelling.html](https://www.learninggamesforkids.com/health_games/body_parts/labelling.html)

- **Top marks**

Labelling parts of the body and further science

<https://www.topmarks.co.uk/Search.aspx?q=body%20parts>

- **Freddies ville**

Body part games, matching and labelling

<https://www.freddiesville.com/body-parts-fun-games/>



I, me, mine



more



paint



glue



cut



want



less



paintbrush



draw



stick



help



like



different



colour



colouring pens



see, look



don't like




same



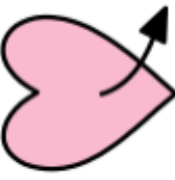
scissors




paper




I, me, mine




want




head




shoulder




same




look, see




knee




body




feet




different




leg



toes



tummy



elbow




more



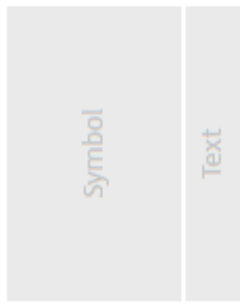
hand



arm



ankle




Symbol

Text

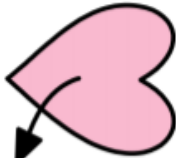


help


I, me, mine



want




like




don't like



same



look, see



smell



yummy



yucky



different




hear



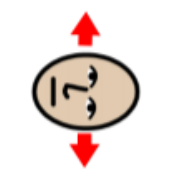
touch



yes




no




stop



taste



help



more



less



finished





# ALL ABOUT ME!

My name is...  
I am \_\_\_\_\_ years old.

I was born on...  
I live in...

My favorite color is...

My favorite number is...

My favorite food is...

When I grow up, I want to be a...

My favorite animal is...

I like to...