



BODY AWARENESS

Body Parts: Learning the names of his body parts, their location, their function, and their relationship to each other, should help the child develop an accurate self-image.

The body parts are:

head	neck	arms	legs
hair	shoulders	elbows	knees
eyes	chest	wrists	ankles
eyelashes	back	hands	feet
eyebrows	Abdomen	palms	toes
ears	waist	fingers	soles
nose	hips		heels
cheeks	buttocks		
chin			
mouth			
forehead			

1. The child views himself in a full-length mirror.
2. Using a magic marker or a grease pencil, trace on the mirror an outline of the child.
3. Point to the child's body part while he watches; then point to the body part on the mirror image.
4. While the child is lying down, name and touch different body parts. The child repeats the name of each part. Use different objects to touch the body parts. For example, a feather, a pointer, a yardstick.
5. the child names and touches his own body parts; then he names and touches the body parts of the instructor or another child.
6. The child closes his eyes and activity number 4 is repeated. The first part of number 5 may also be repeated.
7. Point to a body part on your self or on the child, and the child names that part.
8. Simon Says: The child touches body parts as the teacher names them. When the teacher omits "Simon Says" the child does not touch that body part.
9. The child lies down on a large piece of paper; then the teacher draws an outline around the child's body. This figure may be colored and/or cut into different body segments.

10. The child draws a picture of himself. If a mirror is available, he may compare his drawing with his mirror image. How detailed is it?
11. The teacher draws outlines around the child's hands and feet on a piece of paper. Then the child draws outlines around his own hands and feet.
12. Using rubber matting or heavy cardboard, make a jigsaw puzzle of a man. The child assembles the puzzle.
13. On a large picture of a person, the child pins, tapes, or presses some type of marker to each body part as it is named.
14. Using large magazine pictures of people, the child:
 - a) cuts out a designated figure
 - b) cuts out a designated body part (e.g. Feet, neck)
15. Cut two segmented figures out of heavy Manila paper. Using paper fasteners, attach the segments together at the joints. The teacher places the segments of his figure into various positions; the child must place his figure in each position as it is demonstrated.
16. The child touches one body part to another body part. E.g. "Touch your elbow to your knee" or touch body parts to surroundings. E.g. Ear to wall/hand to chair/elbow to door.
17. The child touches one of his body parts to one of the teacher's body parts. "Touch your elbow to my ankle."
18. Back to Back: Each child has a partner. The teacher calls out the name of the body part, and the partners touch this part together. E.g. "Knees to knees!" On the command "Change!" the children find new partners.
VARIATION: Each child uses his hands to touch the body part of his partner.