

# My Body

This level A book identifies different parts of the body. It is especially useful in the language, health and physical activity areas of the curriculum.

**High Frequency Words:** this, is, my

## **Suggested Ideas and Activities**

- Trace each student's body on large paper and label various body parts
- Build a body puzzle
- Discuss and demonstrate how different body parts move and how we use them (hands are for touching, holding, writing, signing etc)
- Sing and participate in songs which emphasize different body parts (e.g. "head and shoulders, knees and toes" )
- Make class or family graphs comparing different body parts (e.g. hands feet)
- Discuss and learn about people with physical challenges and how they adapt
- Discuss ways we take care of our bodies (e.g. nutrition, safety, personal hygiene)
- Use body parts as non standard units to measure various objects
- Estimate size of body parts, measure and record results
- Create a book comparing and/or illustrating the feet (or neck, head, legs, etc.) of different animals

## **Suggested Readings**

**My Body** by Helen Depree: Reading Time Rhymes (Curriculum Plus)

**Looking in the Mirror** by Jan Wells: A Porcupine Book (Porcupine Collection)

**My Healthy Body** by B. Kalman

**From Head to Toe** by Eric Carle