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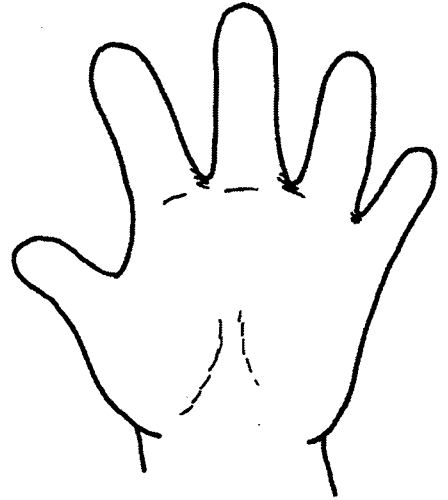
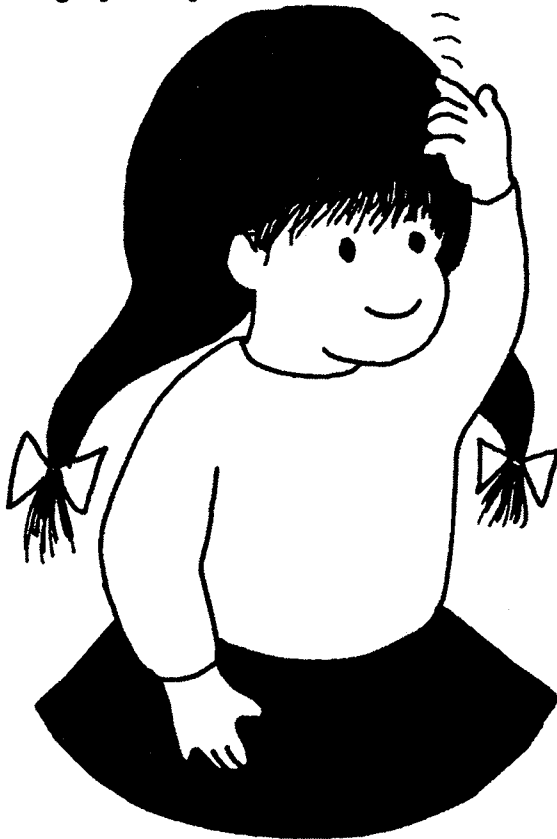
BODY PARTS

Tap Your Head

Have the children act out the motions as you read the poem below.

Tap your head,
Tap your toe,
Turn in a circle,
Bend down low.
Tap your nose,
Tap your knees,
Hands on your shoulders,
Sit down, please.

Margery Kranyik



Five Little Fingers

Sung to: "Skip to My Lou"

Five little fingers on one hand.

(Hold up five fingers.)

Two little feet on which to stand.

(Point to feet.)

Two little arms I can hold up high.

(Hold up arms.)

I can jump up to the sky.

(Jump.)

Momma's little baby a kiss can blow.

(Blow a kiss.)

And rub noses just like so.

(Rub noses.)

Two little hands can clap, clap, clap.

(Clap hands.)

Ten little toes can tap, tap, tap.

(Tap toes.)

Karen L. Brown

Scrub-A-Dub-Dub Song

Sung to: "The Mulberry Bush"

This is the way we scrub our hands,
(Pretend to wash hands.)

Scrub our hands, scrub our hands.

This is the way we scrub our hands,
So early in the morning.

This is the way we scrub our faces,
(Pretend to wash face.)

Scrub our faces, scrub our faces.

This is the way we scrub our faces,
So early in the morning.

This is the way we scrub our elbows,
(Pretend to wash elbows.)

Scrub our elbows, scrub our elbows.

This is the way we scrub our elbows,
So early in the morning.

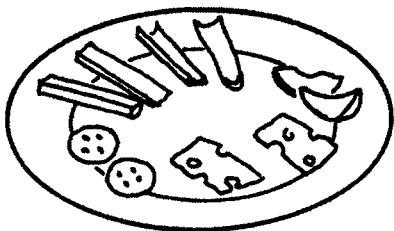
This is the way we scrub our stomachs,
(Pretend to wash stomachs.)

Scrub our stomachs, scrub our stomachs.

This is the way we scrub our stomachs,
So early in the morning.

Continue with additional verses about other body parts.

Jean Warren



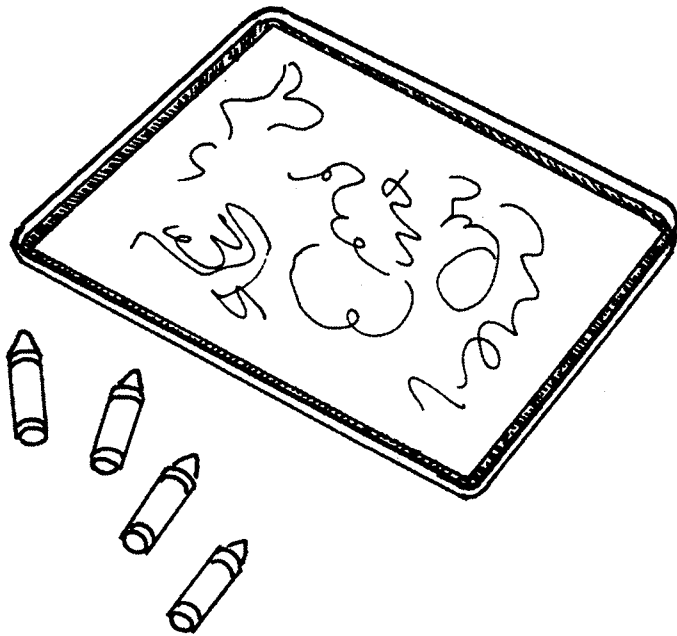
Finger Foods

Prepare carrot sticks, celery sticks, cheese slices, crackers, apple slices or other finger foods. Give each child a plate. Let the children select two or three different finger foods to put on their plates. Then let them eat their foods with their fingers.

COOKIE SHEETS

Cookie Sheet Coloring Board

Cut a piece of paper to fit inside a cookie sheet with raised edges. Place the paper in the cookie sheet and give it and some crayons to a child. Let the child color on the paper while it is in the cookie sheet. This helps the child keep from making crayon marks on the table or other surface.



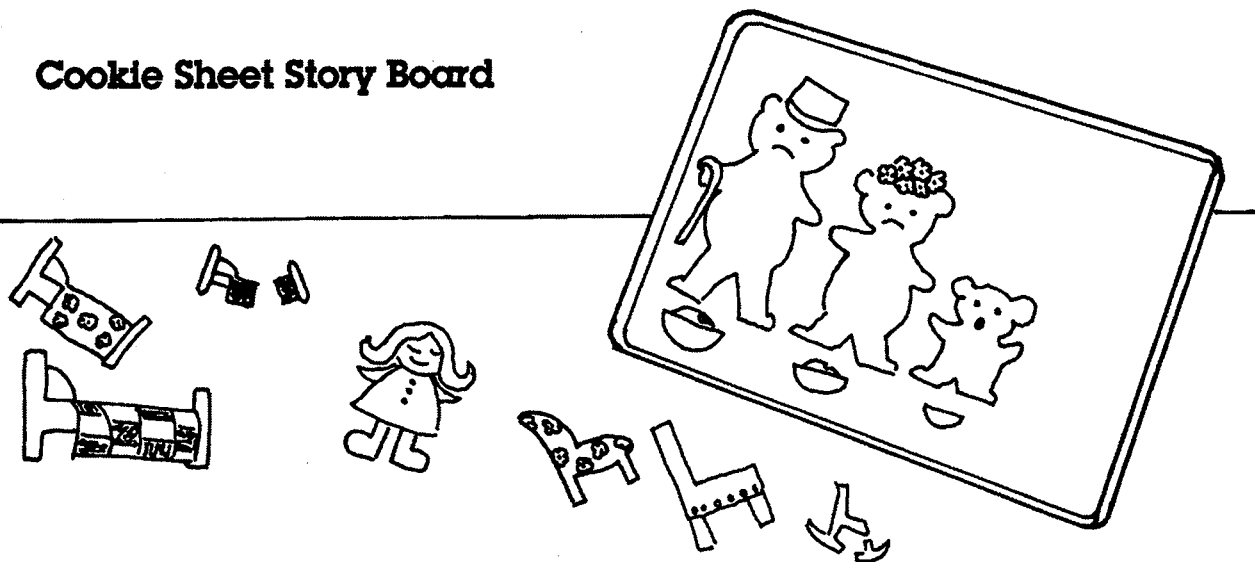
Cookie Sheet Fingerprinting

Pour a small amount of fingerprint in the middle of a cookie sheet. Let a child use his or her hands and fingers to spread the paint on the cookie sheet to create a design. When the child is finished, place a piece of white paper over the fingerprint and rub your hand gently across the paper. Then carefully lift the paper off the cookie sheet to reveal the design on the paper. Hang the paper up to dry.

Variation: Cut a piece of paper to fit inside the cookie sheet. Place the paper in the cookie sheet, pour a small amount of fingerprint on it and let the child fingerprint on the paper.



Cookie Sheet Story Board



Draw the characters of a favorite story on pieces of posterboard. Cut out the characters and glue a magnetic strip to the back of each one. Place the characters on a cookie sheet and use them to tell the story.

Variation: Instead of drawing the characters, cut pictures of appropriate-looking characters out of magazines and glue them to posterboard and trim around the edges. Attach magnets to the backs of the characters.

Cookie Sheet Magnet Board

Prop a cookie sheet up against a wall or a chair. Set out purchased magnetic shapes or ones you have made by cutting posterboard into shapes and attaching magnets to the backs. Let one child at a time sit in front of the cookie sheet and use the magnetic shapes to create designs on it.

