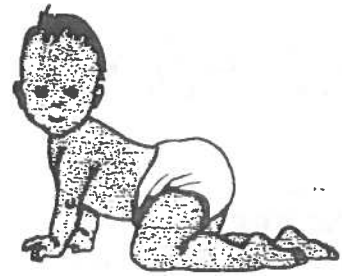


# All About Me



## Concepts and Vocabulary:

me, mine, your child's favorite possessions (bottle, blanket, ball, doll, car, dog, cat, etc.), foods (milk, juice, banana, cracker, cookie), ways he can move (jump, walk, run, go, see, up), things he can do (open, turn, eat, drink), people's names, routines, etc.

## Signs:

**me:** point to self

**ball:** shape hands as if holding a ball

**baby:** hold arms as if cradling a baby

**book:** place hands together in "praying position" and open them as if opening a book

**more:** fingertips of both hands together touching in a repetitive motion

**shoes:** hit sides of fists together

**mommy:** thumb of right hand moved from cheek to chin

**daddy:** right thumb on forehead

**bed:** place right open hand on right cheek, bending head slightly to right

**walk:** open hands, palms down move forward and down alternately

**sit:** right curved index and middle fingers "sit" on left curved index and middle fingers, palms down

**fall:** right index and middle finger "stand" on left upward open palm and "fall" over

**see:** right index and middle fingers move forward from the eyes

**climb:** gesture climbing a rope or ladder

## Activities:

1. Talk about what your child is doing while he is doing it. Talk about what he might be seeing, hearing, thinking about, smelling, feeling, tasting, etc.
2. Copy your child's actions, sounds and facial expressions in a positive way to help him learn that imitation is a fun game.

## Activities, continued:

3. Suggest different actions for your child to try, such as jumping, dancing, swinging arms, etc. Praise his attempts to copy you ("you can JUMP!")
4. While looking in a mirror with your child, talk with him about how special he is, about his features, his strengths, etc.
5. Read books to your child about things that are of interest to him, or that are familiar to him.
6. Talk about routines your child is familiar with while they are happening ("I'm tying your shoe").

## Crafts:

1. "Language Book": Put pictures of your child, his favorite things, people he knows, familiar places, etc., in a three ring binder. Magnetic photo pages work well to hold photographs or pictures from magazines.
2. Help your child create a collage of favorite or familiar things on a large piece of construction paper. He may cut and glue pictures from magazines, brochures, advertisements, etc.
3. "Mobile": Using the same materials as in #2, help your child glue the pictures on clear margarine container lids, hole punch each lid, tie a string through the holes and tie the other end onto a hanger.
4. "I am Special" Book: Staple together 6 or 7 pieces of construction paper to form a book. Each page might contain something about your child, such as name, age, height, weight, color of eyes and hair, photos of his house, his family, a handprint and footprint using tempera paint, and, of course, a picture of your child. Use your imagination to provide more information.

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# All About Me, continued



## Songs:

1. "I Am Special" (tune: "Are You Sleeping?")

*I am Special!* (2 times)

*Look and See!* (2 times)

*Someone very special!* (2 times)

*Yes that's me!* (2 times)

Variation: Use the words "YOU are special," and put child's name in the last line.

- traditional

2. "I Can" (tune: "Mary Had a Little Lamb")

*I can clap my hands like this, hands like this,  
hands like this.*

*I can clap my hands like this, all day long.*

(additional verses: kick my feet, swing my arms,  
turn around, sit down)

- C. Buteau

3. "I Have a Name" (chanted)

*I have a name, oh yes I do!*

*I have a name and how 'bout you?*

- traditional

4. "The More We Get Together" (tune: "Did You Ever See a Lassie?")

*The more we get together, together, together,  
The more we get together the happier we'll be.  
'Cause your friends are my friends and my  
friends are your friends.*

*The more we get together the happier we'll be.*

- traditional

## Books, etc.:

*All I Am* by Eileen Roe

*My Things* and *I Can Help* by Advanced  
Marketing Services, Inc.

*Baby's Things* by Platt and Munk

*What Do Babies Do?* and *What Do Toddlers  
Do?* by Debby Slier

## Books, etc., continued:

*The First Hundred Words* by Heather Amery

*Baby's Book - Ready For Fun* and *Babies Book*

- *Ready To See* by Brimax

*All About You* by Catherine and Laurence  
Anholt

*Clap Your Hands* by Lorinda Bryan Cauley

*This Is The Way* by Anne Dalton

*I Can Fly* by Ruth Krauss

*All By Myself* by Mercer Mayer

*All About Me!* by Tish Sommers Rabe

*Let's Play* by Gyo Fujikawa

*This Is Me* by Lenore Blegvad

*Quick as a Cricket* by Audrey and Don Wood

*All About Alice* by Penny Dale

*Helping* edited by Jackie Carter

*Baby's Peek-A-Boo Album* by Debra Meryl

*ABCD Tummy Toes Hand Knees* by B.G.

Hennessey

## Videos:

*Peek-a-Boo* by Jim Henson (Lorimar)

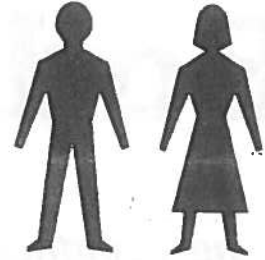
*Baby Songs, More Baby Songs* and *Even More*

*Baby Songs* by Hap Palmer (Hi-Tops Video)

Also available in audio tapes and song books.

*Doing Things* by Bo Peep Productions

# Body Parts



## Concepts and Vocabulary:

Names of body parts and the actions we can perform with them (i.e., eyes, ears, nose, mouth, teeth, hand, fingers, hair, head, tummy, legs, arms, feet, toes, wiggle, shake, open, close, touch)

## Signs:

For most signs we simply point to the body part.

## Activities:

1. When bathing your child, name his body parts.
2. When dressing your child, talk about putting arms, legs, feet, etc., into various clothing.
3. Point out and name body parts when looking at photographs, books, etc.
4. Look in a mirror with your child and name his and your body parts.
5. Take the opportunity to talk with your child about his body parts whenever the subject arises in everyday activities.
6. Use "happy face" stickers as finger puppets by simply sticking them on your fingers and pretending to make them talk.

## Crafts:

1. Make hand- or footprints with fingerpaints.
2. Help your child paste pre-cut construction paper facial features on a paper plate to create a face.
3. Trace your child's hand, foot or whole body on paper. Let him color or paint the shape and add features.
4. Draw simple pictures of people for your child, naming the body parts as you draw.
5. Play with play dough, making human figures or faces.

## Songs:

1. "Open Shut Them"

*Open Shut Them, open shut them.* (open and close hands)

*Give a little clap, clap, clap.* (clap)

*Open shut them, open shut them, lay them in your lap.* (open and close, then lay in lap)

*Creep them, creep them, creep them, creep them,* ("walk" fingers up to chin)

*Right up to your chin.*

*Open up your little mouth but do not let them in!* (open mouth, then close quickly)

- traditional

2. "Head, Shoulders, Knees and Toes"

*Head, shoulders, knees and toes, knees and toes,* (2 times) (point to each body part as it is named)

*Eyes and ears and a mouth and a nose,*

*Head, shoulders, knees and toes, knees and toes.*

- traditional

3. "If You're Happy and You Know It"

*If You're Happy and You Know It clap your hands.* (2 times)

*If you're happy and you know it, then your face will surely show it.*

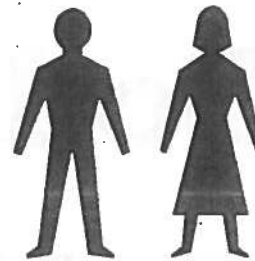
*If you're happy and you know it clap your hands.*

(additional verses: wiggle fingers, stomp feet, rub tummy, touch head, shake arms, etc.)

- traditional

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# Body Parts



## *Songs, continued:*

4. "This is the Way We..." (tune: "Here We Go 'Round the Mulberry Bush")

*This is the way we clap our hands, clap our hands, clap our hands.*

*This is the way we clap our hands in our class today.*

(additional verses: comb our hair, brush our teeth, swing our arms, pat our head, etc.)

- adapted, traditional

5. "Ten Little Fingers" (tune: "Ten Little Indians")

*One little, two little, three little fingers,  
Four little, five little, six little fingers,  
Seven little, eight little, nine little fingers,  
Ten little fingers on my hands!*

- adapted, traditional

## *Books, etc.:*

*The Eye Book* by Theo. LeSieg

*The Foot Book* by Dr. Seuss

*The Nose Book* by Al Perkins

*Hand, Hand, Fingers, Thumb* by Al Perkins

*The Hair Book* by Graham Tether

*The Me I See* by Barbara Shook Hazen

*My Hands Can and My Feet Do* by Jean Holzenthaler

*The Me Book* by John E. Johnson

*Faces* by Barbara Brenner

*Here Are My Hands* by Bill Martin Jr. and John Archambault

*"Eyes," "Feet," "Mouths," and "Noses"*

by Jill Bailey

*Eyes, Nose, Fingers, Toes* by Ruth Krauss

*Piggies* by Audrey and Don Woods

*This Is Me* by Lenore Blegvad (a chunky board book)

*All About Alice* by Penny Dale

## *Books, etc., continued:*

Toys:

Puzzles of body parts

Mr. and Mrs. Potato Head