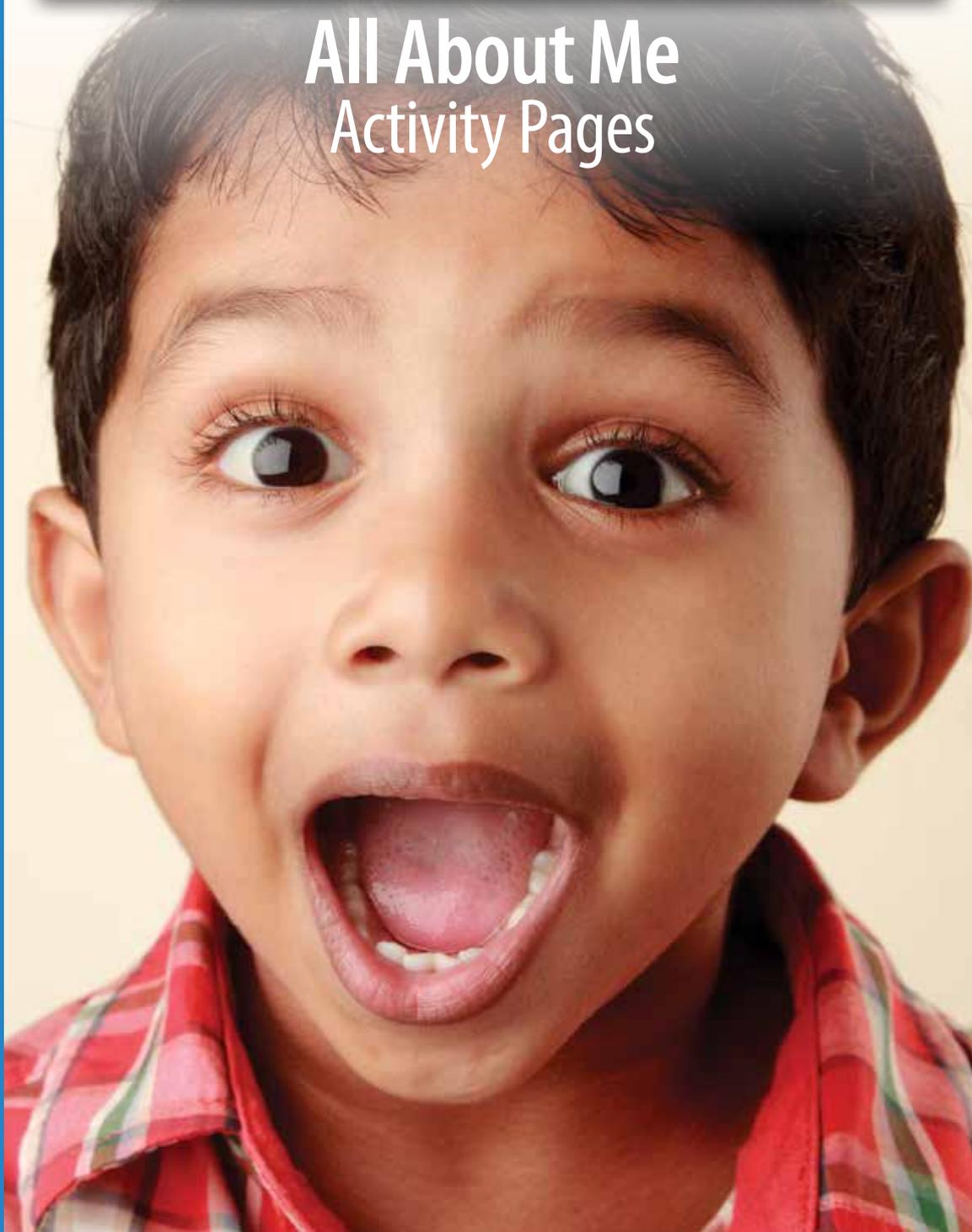




# All About Me Activity Pages







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**PRECHOOL**

Core Knowledge Language Arts®  
New York Edition



Core Knowledge®

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## Family Letter 1



Dear Family Member,

Your child probably already likes to talk about what makes him/her special. At school, we will be learning all about how we are all different, but how we are all also the same! We will learn all kinds of words to describe ourselves and name our body parts. We will also be painting, playing with play dough, playing musical instruments, and tracing around our bodies.

Below are some suggestions for activities you might do at home to help your child remember what they are learning about at school:

### 1. Read Aloud Each Day

Children love hearing **stories, especially before bedtime**. Before you read a book, talk about the **title** of the book and what it might mean. As you read books, point to and label the **characters' body parts**. Talk about whether or not the characters are **humans** (your child is learning the word **human's** in school!).

### 2. Sing Nursery Rhymes

Nursery rhymes are a fun way for children to learn **the rhythm and sounds of language**. Your child may come home singing and doing the motions for “Head and Shoulders, Knees and Toes,” and “Open, Shut Them.” **The words to “Head and Shoulders, Knees and Toes” are on this back of this letter**—have your child show you the motions that go with this rhyme. You could also share your own favorite nursery rhymes with your child.

### 3. Talk About Body Parts

Name body parts as your child gets dressed and takes a bath. Name fingers as you clean and clip fingernails. Talk about how you can move your body parts as your child plays outside.

### 4. Practice Using Hands and Fingers

Your child is doing lots of activities to develop small movements using hands and fingers. Have your child practice at home by squeezing toothpaste and using a toothbrush, holding a fork, painting outside with water, drawing with sidewalk chalk, doing puzzles, etc.

**Please send in a photograph of your child as a baby for us to use in an activity at school.**



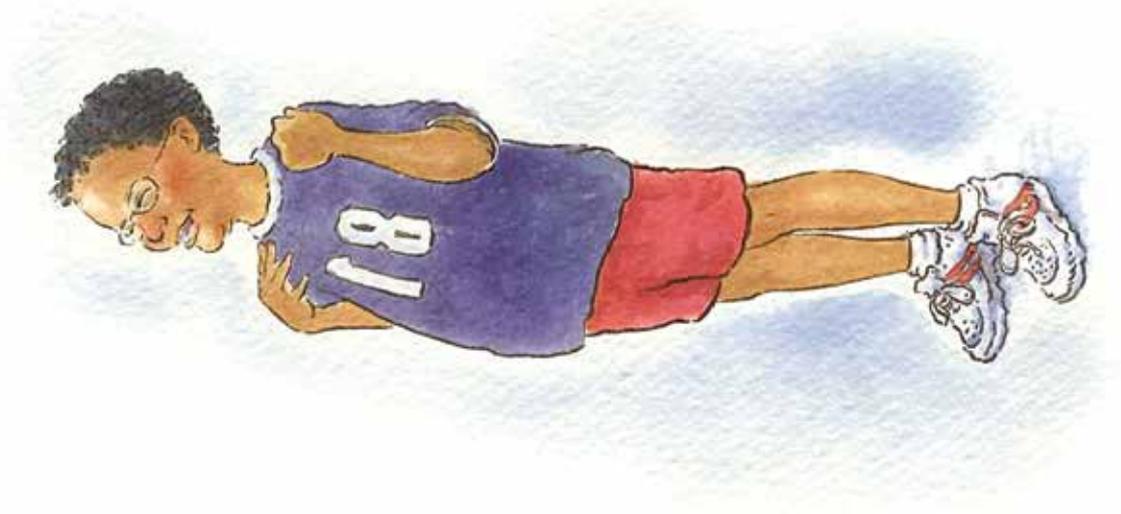
# Head and Shoulders, Knees and Toes

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

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

Eyes and ears  
and mouth and nose.

Head and shoulders,  
knees and toes,  
knees and toes!



Dear Family Member,

Today your child listened to a read-aloud about the parts of the body. Read the poem to your child and talk about the parts of his/her body.



## All About Me: Body Parts

Humans have bodies—parts inside and out,  
Which part of your body do you use to shout?

Shouts begin inside and burst out through your lips—  
The part of your body, that lets you take sips.

What's inside your mouth, past those two sipping lips?  
Can you wiggle your tongue and make it do flips?

Your nose knows you're eating—it senses the smell  
But it also helps keep you living as well.

Your chin, cheeks, and forehead—are parts of your face  
With ears on the side in their own special place.

Use your eyes. Look around. Can you spot something red?  
Did you feel your neck turn as it held up your head?



Put your hands on your shoulders and scrunch them up high  
Now reach out your arms like you're ready to fly!

Bend your wrists and elbows, put your hands on each hip  
Bow your waist in the middle to help as you dip.

Let your back and your chest flop over, just so  
Are you able to touch your head to your toes?

Now, bend your knees just as much as you please  
Knees help your legs move with comfort and ease.

Stand up straight everyone and look down at your feet.  
How in the world do your legs and feet meet?

You have ankles to help move your feet all around  
And heels to keep feet planted safe on the ground.

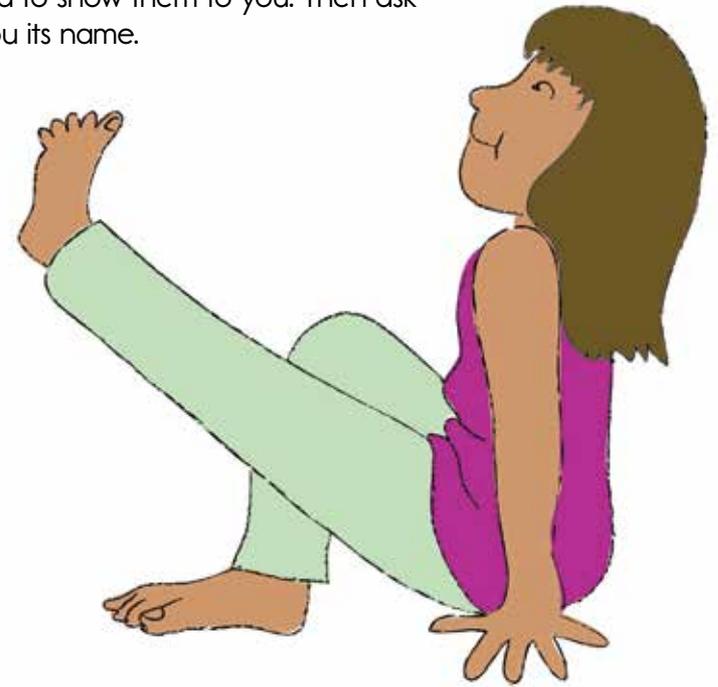
Exercise is important to keep you healthy and strong.  
Sit down now and stretch out your legs—long, long, long.

You need all parts together to run, jump, and play  
Give a cheer for your body—hip, hip, hooray!



# Show Me

**Directions:** Using the list on the bottom of this page, point one by one to body parts, using the pictures of these children, and ask your child to show them to you. Then ask him to point to that same part on his body and tell you its name.



**PARTS OF THE BODY:** body, head, neck, shoulders, chest, stomach, arm, elbow, wrist, hand, fingers, hip, leg, knee, ankle, foot, toes.



## Family Letter 2



Dear Family Member,

There are many exciting things about being a human being. We are learning all about our five senses, how humans grow and change, and the things humans need to stay alive.

Below are some suggestions for activities you might do at home to help your child remember what they are learning about at school.

### 1. Read Aloud Each Day

Children love hearing stories, especially before bedtime. As you read each book, remember to **talk about the author and illustrator** (your child is learning about these people in school). The author is the person who wrote the words and the illustrator is the person who drew the pictures.

### 2. Sing Nursery Rhymes

Nursery rhymes are a fun way for children to learn **the rhythm and sounds of language**. Your child may come home singing and doing the motions for “Do Your Ears Hang Low?” “Where is Thumbkin?” and “Pat-a-Cake.” **The words to “Do Your Ears Hang Low” are on this back of this letter**—have your child show you the motions that go with this rhyme. You could also share your own favorite nursery rhymes with your child.

### 3. Talk About the Five Senses

Talk with your child about things they **see, hear, touch, smell, and taste** during mealtime or bath time. Mention the **parts of the body** that go with each sense.

### 4. Talk About the First Letter of Your Child’s Name

Your child is learning to recognize the first letter of his/her name in school. To help your child learn his/her initial letter, you could create a sign for your child’s bedroom door that has his/her name on it.



## Do Your Ears Hang Low?

Do your ears hang low?

Do they wobble to and fro?

Can you tie them in a knot?

Can you tie them in a bow?

Can you throw them  
over your shoulder

Like a continental soldier?

Do your ears hang low?



Dear Family Member,

Today your child listened to a read-aloud about the parts of the body. Read the poem to your child and talk about the parts of his/her body.



## All About Me: We Use Our Senses to Learn

I have five senses. You have five, too.

Without our five senses, what would we do?

Senses help you experience being alive.

Sight, smell, taste, touch, hearing—all five.

Just under your forehead, two eyes give you sight  
To see reds and yellows, colors shiny and bright!

Between your eyes, your nose helps you smell.  
Some smells are delightful, others less swell.

If you block your nostrils, you'll put smells on hold  
Has that ever happened when you've had a cold?

Lick your lips now. What part did you use?  
Your tongue is the part that helps you taste foods.

Do you like your foods salty, bitter, or sweet?  
Perhaps sour lemons are your special treat!



That's three of your senses—sight, smell, and taste  
The fourth's split in two on both sides of your face.

Your ears work together to help you hear noise  
Do you ever wear headphones like this little boy?



Quiet sounds and loud sounds—your ears hear them all—  
Both your cat's low purring and your dad's loud call.

Your fifth sense is touch. Touch your face, touch  
your toes. What's helping you feel?  
Does anyone know?

Your skin's sense of touch is all over the place—  
Every inch of your body, not just your face!

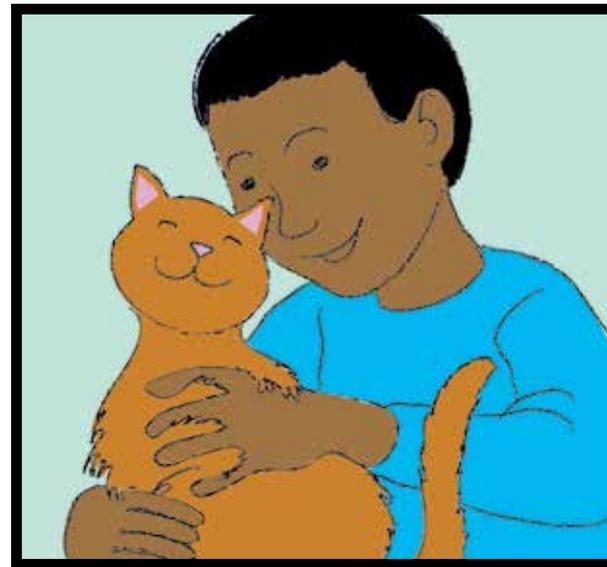
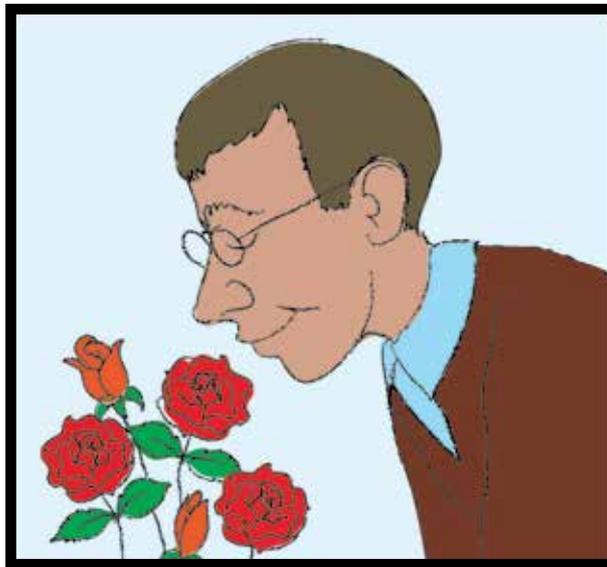
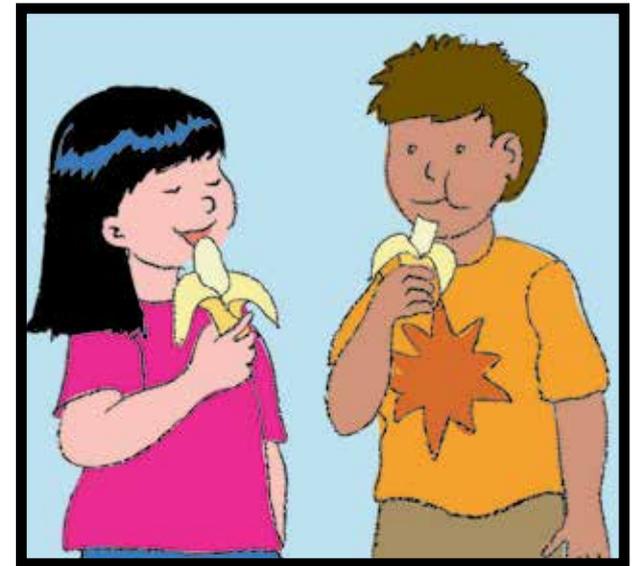
How does it feel when you jump in a pool?  
Is it hot? Is it cold? Is it warm? Is it cool?



Senses help you experience being alive.  
Sight, smell, touch, taste, hearing—  
that's five.

# Using All of Our Five Senses

**Directions:** Name one sense and its related body part, then ask your child which picture shows that sense. "Which picture shows people using their eyes to see?" Talk about what they are seeing. Continue through all the senses, recognizing that while each picture emphasizes one sense, some may include more than one.









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