

# All About Me: From Nose to Toes



At  
Toddlerific

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## Some All About Me Stories:

E BANG	<u>All of Me: A Book of Thanks</u>
E BAUER	<u>Thank You for Me!</u>
E CARLE	<u>From Head to Toe</u>
E CAULEY	<u>Clap Your Hands</u>
E CRONIN	<u>Wiggle</u>
E HAYES	<u>Stamp Your Feet: Action Rhymes</u>
E MANUSHKI	<u>The Belly Book</u>
E MARTIN	<u>Here are My Hands</u>

## Some All About Me Activities:

\* Take stock of different body parts with your toddler. You can use a doll, a cut out of a person, your toddler's reflection in a mirror, or yourself to discuss each body part, what parts are there two of, which order do they go in, etc. You can also make this a game or song: "The face is made of a two ears, one nose, one mouth..."

\* If you have some big paper or butcher paper (and your toddler with cooperate), you can trace them on the piece of paper and then work together to name each body part and where it would be on the paper.

\* Get your toddler to copy you by rotating your arms, shoulders, moving your knee up and down, moving your fingers, etc. Then slow the process down together and let them see the different ways that their different joints can bend, move, rotate, etc. You can also play "Simon Says."

## **I HAVE A LITTLE BODY**

I have a little body (Point to self)  
That belongs to me.

I have two ears to hear with (Point to ears)  
And two eyes to see. (Point to eyes)

I have a nose for smelling (Point to nose)  
I have a mouth to eat. (Point to mouth)  
I have two hands to wave  
At everyone I meet! (Wave hands)

Sing the Hokey Pokey together putting the different body parts in, out, and shaking them all about!