

# Understanding my body parts

**Age:** 8-18 months

**Resources:** Music, toys, props, bag or pillow-case

## Tips:

Try to sing each song slowly, repeat and give your child lots of time to process. You may want to focus on one or two songs in each session to build your child's familiarity.

## Activity:

Use a variety of songs, music and movement games to help reinforce the understanding of different body parts and positions. For example, Simon Says; Head, Shoulders, Knees and Toes; If you are happy and you know it; The wheels on the bus.

Try making a **Song Bag** using a coloured bag, or brightly coloured pillow-case filled with objects to represent songs. Song Bags can encourage choice, body awareness and movement. Your child can reach into their bag and select the object and song to sing. Here are some examples of songs and objects to try:

**Head, Shoulders, Knees and Toes'** with a doll, or teddy.

Help guide your child to place their hands onto the various body parts. You can gently tap the desired body-part or use a hand-over-hand approach.

- **'The wheels on the bus'** with a bus toy.

This song encourages hand movements. You can guide your child by

completing the activity yourself as they place their hands over yours to feel the different actions and movements.

- 'It's time to wiggle' with a snake toy.

Encourages stretching, wiggling and touching body parts. You can guide your child by completing the activity yourself as they place their hands over yours to feel the different actions and movements.

- 'Scrub a - dub - dub' with a clean, unused sponge.

Try pretending to wash in the bath. You can help guide your child to place their hands onto the various body parts. You can gently tap the desired body-part or use a hand-over-hand approach. They can imitate the action on their own body or yours.



### **Notes:**

Please supervise your child at all times while completing any of the activities outlined on this sheet. Stop any activity if your child becomes upset, unwell or you are unsure if you are completing it correctly.

The activities on this card align with stage 2 of the [Developmental Journal Babies Visual Impairment \(DJVI\)](#)

If you would like any further advice or support, please contact the advice line on **0800 7811444** or via email [children@guidedogs.org.uk](mailto:children@guidedogs.org.uk)