

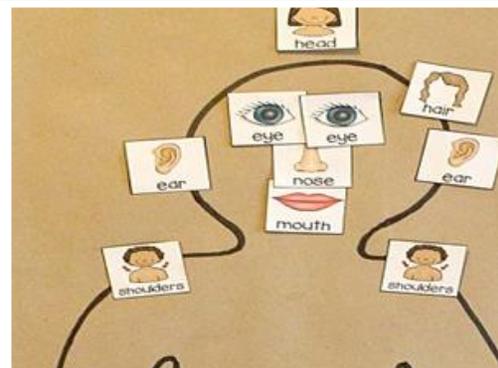
All About Me Self-Portrait Collage – *You will need:* Construction paper or cardstock in a variety of colors so the children can choose their favorite color for their shirt, and paper to try to match their skin tone, paper plates, yarn in assorted hair colors, crayons(multicultural crayons for the faces), glue, stapler, personal photos or cut outs from magazines, googly eyes (optional), hand held mirror (optional). This activity might need to be spread over a couple of days as you will need to cut out a shirt, 2 arms/hands, hair and pictures or cuttings from magazines. For older children in care offer them a small mirror to use when they are working on their paper plate face. Discuss with them what they see in the mirror that makes their face unique and amazing. For younger children in care ask them questions about the color of their eyes but, also how many fingers they have, how many eyes they have etc. Invite the children to decorate their shirt with pictures of their family, pets, them doing sports or their favorite things that make them happy. Once completed keep these works of art on display so that each child can look and learn about their friends. (Accred. Standard 1.3 d- Provide displays and focal points to enhance the space.)



All About Me Math Race – Try this active, fun activity inside or outside depending on your space and the children in care. *You will need:* a variety of numbers (foam, wood or cut out of paper). To start have the children line up at one end and assemble the numbers on the other end of your space on the floor. Depending on how many children you have in care you can let them race for the number one at a time while everyone else cheers or let them all go at once. Here are a few questions that you could ask your group; How old are you? How many pets do you have? How many brothers do you have?, How many sisters do you have?, How many wheels are on your bicycle?, How many eyes do you have?, How many pillows are on your bed?...



Check out the awesome skeleton above (left)made from Crayola Magic Modeling Clay! It is strong enough to be handled but, still fragile enough for the children to treat it carefully. The skeleton on the right is made from recycled toilet and paper towel rolls.



Create your own X-rays – *You will need:* White tempera paint, a spray bottle, Q-tips, black construction paper, glue. Start by adding some white paint to the spray bottle and then add a bit of water to thin it out. Next place each child's hand on the black paper and spray the paint to create an outline. Cut Q tips to resemble bone segments, try to find pictures of real skeletons for the children to compare as they create their own x-ray by gluing the Qtip pieces on to the paper.



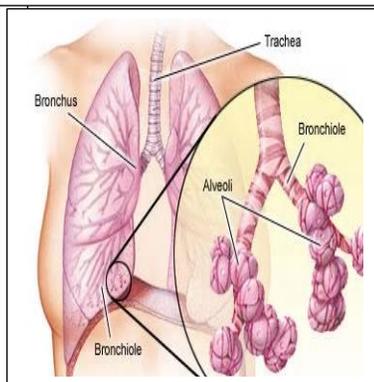
Naming and Labelling the Body- *You will need:* Craft paper, pencil, felt pens, tape, hand held mirror. Start by taping the large sheet of paper down onto the floor then have each child lay down on a sheet as you make an outline of their body. Once the outlines are done have the children look at their face up close using the mirror. Discuss with them differences and similarities between themselves and their friends. Invite the children to enhance the outline of their body by adding features or **visit this website**(<https://prekinders-wpengine.netdna-ssl.com/wp-content/uploads/2016/08/body-part-word-cards.pdf>) **to print off free cards of body parts** that the children can place on their outline. If possible leave up the children's bodies with the body parts labelled to create word recognition for each body part. (Accred. Standard 1.3 c – Ensure that the learning environment promotes early literacy.)

September 2018 – All About Me- September is a month where changes often occur in the day home, new children are starting care and older children may be leaving to start school. Take this opportunity to have the children find out about their new friends in care as well as learning about their own body inside and out!

Here's a hands-on activity that teaches the children what the blood in their body is really made of. Did you know that the average person has about 4-6 liters blood inside them! How does the body make blood? It's not made in a kitchen, but blood has ingredients, just like a recipe. To make blood, your body needs to mix: red blood cells - which carry oxygen throughout the body, white blood cells – that fight infections, platelets - which are cells that help you stop bleeding if you get a cut. Plasma, a yellowish liquid that carries nutrients, hormones, and proteins throughout the body. To simplify you could create a sensory tub containing some or all the “ingredients”. Red water beads for the blood cells, white ping pong balls for white blood cells, yellow glitter pom poms for platelets... Provide the children with a variety of scoopers and smaller containers for dumping and sorting the “ingredients”.



Photo Puzzle on a Light Table – This is a great way to engage the senses as well as work on cognitive skills. *You will need:* Photos of the children, scissors, felt pens and a light table. It might be a good idea to laminate the “puzzle pieces” to make them sturdier for little hands. Once you have your photos, draw lines on the photos to divide them up into pieces. Number each piece and then cut into strips. Once ready invite the children to the light table to solve their own picture puzzle, either by putting the numbers in correct order or seeing their body in the picture and arranging it in the correct way. Another element to add is to get more photos of each child at various ages and then have them put the pictures into order of their age.



Paper Bag Lung Demonstration - *You will need:* 2 paper bags and 2 straws per child, felt pens, tape. Start by labelling your bags “left lung” and “right lung” then, draw the Bronchioles (small passageways in your lungs) and Alveoli (the tiny air sacs at the ends of the bronchioles) next tape a straw at the opening of the bag and secure it tightly with tape so that no air can escape. Have the children blow into the bags and watch how they inflate. Have the children observe each others’ bodies as their lungs inflate, watching their stomachs rise and fall with each breathe. Also discuss what things like exercise and smoking can do to your body and your lungs.

Look for these awesome books on your next trip to the Library

- “Parts” By Tedd Arnold
- “The Human Body” By Carron Brown
- “Where’s the Poop?” By Julie Markes
- “From Head to Toe” By Barbara Seuling
- The Grouchy Lady Bug” By Eric Carle
- “See inside your Amazing Body” By Katie Daynes
- “The Skeleton Inside You” By Philip Balestrino
- “The Color Monster: A Pop-up Book Of Feelings” By Anna Llenas

