

Head to Toe

Dear Family,

Children have always been curious about their bodies and its functions. The theme Head to Toe is designed, therefore, to help them learn what the body parts are, and how they work, beginning with the amazing brain and what the five senses are that they use everyday.

Your child intuitively knows a lot about the body and the five senses, but he or she has not yet stopped to think about how the body receives the information upon which it acts.

Next week, your child will have the opportunity to learn about some of the functions of the brain, heart, lungs, stomach, muscles and bones. The following week he or she will become more aware of the five sense organs - the eyes, ears, nose, tongue and skin - and how they inform the brain about the body's immediate environment.

As your child explores and creates in the labs for this theme, he or she will have the opportunity to learn about and begin to appreciate his or her own remarkable body. Among other activities, the children will examine skin, hair and nails under a magnifying glass; listening to others' heart and lungs; pretend to be a nerve transmitting a "message"; identifying foods through senses other than sight; and make a detailed body replica for an art project. By exploring books your child will begin to learn about body parts under the skin and how they work.

We will enjoy a number of stories that will compliment the days learning focus. He or she may have chosen to write a new version of the story *Little Red Riding Hood*, or to create a booklet called *My Five Senses* that he or she may enjoy "reading" to you.

Head to Toes

My body is amazing from my head (point) to my toes (touch toes).

My head (point) holds my brain, eyes (point), mouth (point), ears (point) and nose (point).

My arms have elbows (point) and wrists (point) and hands (hold up and shake).

My fingers spread wide (spread apart) to do some handstands (spread hands flat on the floor).

My legs (point) have knees (point) and ankles (point) and feet (point).

My feet have toes that tap to keep a beat (tap toes as if tapping to a beat).

My trunk (point to whole torso) holds my stomach (point), lungs (point with two hands to upper chest) and my heart (put hand over upper centre part of chest).

My skin keeps my body from coming apart (sweep hands over entire body).

My bones and muscles help me dance around (dance around).

My body is amazing from my head to the ground (touch head and then ground).

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KINDERCORNER HOME LINK LETTER

Home Link Activities

Day 1: Think of a word that rhymes with brain.

Day 2: Show someone at home a way to exercise your large muscles.

Work on your Making 5 Maths Home Link.

Day 3: Describe what happens to your food as you eat it.

Day 4: Sit still and see if you can feel your lungs working.

Read *In School, Look at Me Now!* or *Families Together*.

Day 5: Teach someone at home the song 'Head and Shoulders, Baby'.

Day 6: When your in bed waiting to go to sleep, listen for night sounds.

Teach someone the chant called 'Head to Toes'.

Day 7: Play 'I Spy'.

Read *In School, Look at Me, Now!* or *Families Together*.

Day 8: While eating dinner, close your eyes and try to guess What the food is by smelling it.

Work on your Patterns Maths Home Link.

Day 9: While eating dinner, close your eyes and try to guess what the food is by tasting it.

