

Family page – All About Me

We will be using the theme of All About Me to introduce your child to different areas of learning. If you would like to follow this up at home, here are a few ideas to try!

Talking

- As children get up in a morning and when they get ready to go to bed encourage them to appreciate and to take care of their bodies. Talk about the importance of washing, cleaning teeth and combing hair.
- Look at family photos. Talk about eye and hair colours and family likenesses.

Making

- Begin a diary of body changes. Help your child to record in pictures and/or words changes such as haircuts, new teeth and changes in shoe size and height.
- Make a rag doll friend.
- Make wooden spoon puppets

Stories

- Visit your local library to look for fairy tales where parts of the body play a key role such as Rapunzel 's hair, Snow White's rosy cheeks and Pinocchio 's nose. Also look for non-fiction books about the body.
- Each night before bed tell a story about your child in which a body part is magical. Perhaps your child has magical eyes which can see through doors or a nose which when wrinkled grants a wish.

In the kitchen

- Make gingerbread people.

Out and about

- Draw attention to how useful parts of our bodies are. For example, help children to be aware of their ears as they listen for traffic when crossing a road and their eye lids which protect their eyes.
- Visit a park and explore the way arms can be used to push, swing, throw and lift. Enjoy running and playing.

What are the opportunities for learning?

- Becoming more aware of the human body and the importance of different parts;
- Experiencing handling different materials;
- Asking questions, investigating and exploring;
- Enjoying stories and talking.

