



# MAGIC WINDOWS - my BODY

by Ladybird and Libby Burns



In this non-fiction book toddlers will learn how their body moves, why food is so important and why we need to sleep at the end of the day.

Encourage your child to pull the sliding tabs and chat about what is behind them.

## Trace Their Body

Ask your child to lie down on a large piece of paper and trace the outline of their body. You can show them where their two eyes, nose, and mouth go, and talk about the position of arms, legs, hands and feet. It's a great opportunity to chat!



If your child doesn't want to lie still, then you could start with tracing just their hand or foot.

## Copy Cat! Try playing a copying game together.



You can have a go at copying your child first, and then let them copy you. Moves could include clapping, dancing, making animal noises - you can be as inventive as you like! Don't forget to talk about what you are both doing, **"I am touching my toes, you are touching your toes."** Practicing taking turns when copying helps your child to learn the back and forth rhythm of conversations.



<https://www.bbc.co.uk/tiny-happy-people/copying-each-other/zvndd6f>

## Head, Shoulders, Knees and Toes

*Head, shoulders, knees and toes, knees and toes.  
Head, shoulders, knees and toes, knees and toes.  
And eyes and ears and mouth and nose.  
Head, shoulders, knees and toes, knees and toes.*

Can you and your child point to each body part as you sing?

<https://wordsforlife.org.uk/activities/head-shoulders-knees-and-toes/>

