



Activities at Home

Dear Parents,

The activity for week 7 beginning 19th October is: My Body - What's inside me from top to toes

The activity we will be covering involves:

Learning about the outside and inside of our bodies
Explore some of the functions of our main organs
Discuss different parts of the body, including our bones and muscles
Look at factual pictures and videos relating to the subject
Learn about food that is healthy to fuel our body

Our activity includes:

- A small introduction and discussion about the parts of our body that can be seen and touched
 - Looking at factual pictures about the human body
 - Discussing about different organs on our body and their function
 - Reading the book "First Body Book" by Miles Kelly
 - Learn and discuss what food is good for our health
 - Create a human body with different craft materials
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You might wish to help your child to explore this topic at home or when you are out and about. Please feel free to approach the teachers for further explanations.

Our suggested activities are:

Look at books related to the subject:

- Usborne "Look inside your body"
- How Your Body Works – Personalised Story Book.

Talk to your child about our internal organs and its functions

Sing with your child head, shoulders knees and toes and try to change the lyrics by adding other parts of the body.

Watch on YouTube "The Skeleton Dance"

Involve your child when you are cooking and teach him-her the importance of a balance diet.

Take your child to the park and carry out physical activities emphasising the importance of exercising.