

# Let's Talk About From Head to Toe

**Head to Toe** is a story that is very easy to follow.

Each page of the story follows the same pattern:

"I am a....

I can...

Can you do it?"

The child in the story answers, "I can do it."

Model the movement of the animals as you read the story to your child. Encourage your child to imitate your movements and to answer, "I can do it."

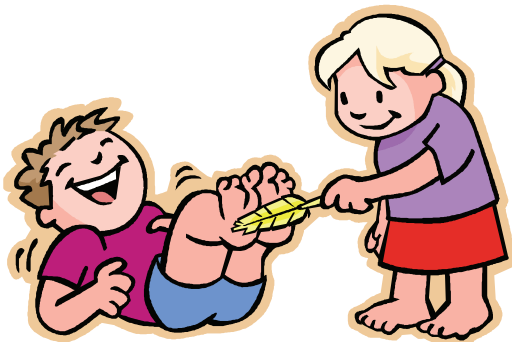


Link this question "Can you do it?" to things your child is trying for the first time. Familiarity with this line in the story may remind him of the many things he can already do. It may help him feel more confident to try something new.

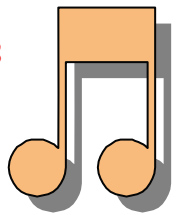
## Let's Play With Rhymes

### Pat Your Head

Pat your head  
And rub your tummy  
Tickle your toes  
And hug your mummy.



### Head and Shoulders



Head and shoulders  
Knees and toes,  
Knees and toes,  
Knees and toes.  
Head and shoulders,  
Knees and toes.  
Eyes, ears, mouth and nose.

*(Touch body parts as you sing.)*

## Note to Parents & Caregivers

Children enjoy books that invite them to move as well as to listen. Pathways in the brain develop differently when movement is involved in an activity. When words are combined with meaningful movement children's learning becomes stronger.

**Movement  
can help  
children  
learn.**

## Let's Create

### Body Parts Collage

Cut pictures of people from old magazines. Glue the head from one picture, the neck from another, shoulders from still another etc. onto a sheet of construction paper.



Does your newly created person look silly?

What creature can you create using pictures of different animals instead?

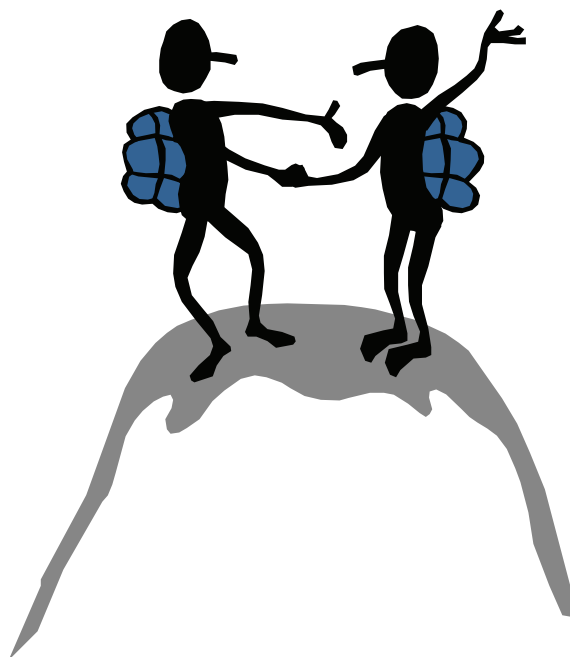
## Let's Be Together

Talk to your child about the things both she and the animals in the story can do.

What actions can he do that are not named in the book?

How does she feel when doing the actions?

Is he feel proud of his abilities?



Give lots of praise for your child's efforts.



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