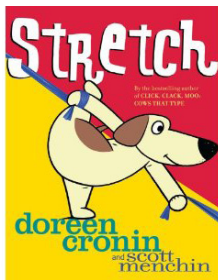


My friend beanie

Let's play and talk together

- ❖ Invite your child to try balancing a beanbag on different parts of the body. Show your child some possibilities with your own beanbag.
- ❖ Encourage your child to explore different ways to balance the beanbag, e.g. on the head, shoulders, nose, ear or bottom.
- ❖ Try balancing the beanbag on different body parts while in different positions, e.g. standing on one foot, sitting with feet in the air, on hands and knees, etc.
- ❖ Try balancing the beanbag on different body parts while moving around, e.g. on the head while walking, on the back while crawling, etc.
- ❖ As you practice balancing, talk about what you are doing. Help your child learn the terms for different body parts and positions, e.g. between your legs, on the tip of your nose, under your chin, etc.

A good read-together book



Stretch by Doreen Cronin and Scott Menchin

This activity helps children develop awareness of body and space, balance and counting skills. It is also good for learning the names of body parts and different positions.

You will need an open space and some beanbags.



Hints for success

- ❖ Participate in this activity with your child.
- ❖ Invite your child to explore different ways to balance the beanbag before giving suggestions or challenges.

Can you keep it
balanced while we count
to five?

Have you tried
balancing the beanbag
on your elbow?

Ways to say it

More ideas for My friend beanie

Try this way

- ❖ Challenge your child to invent some tricky balancing positions for beanie. Ask your child to predict how many seconds they can hold the position before the beanbag drops. Then count the seconds together.
- ❖ Play "Pass the Package" by passing the beanbag back and forth from one person to another, e.g. with feet, elbows, under the chin, etc. Pretend the beanbag is magic and will break if it is dropped.
- ❖ Play "Copy Cat" together. Take turns showing different tricks for one another to try.

Let's make—a beanbag

What you need:

- Bird seed, dried beans or un-popped popcorn
- A funnel
- Some balloons
- A pair of scissors

How to:

1. Use the funnel to fill a balloon with birdseed (this can be a slow process).
2. Cut the neck off the balloon and place a second balloon over the hole. Completely cover the first balloon so that no birdseed can come out.
3. Cut the neck off another balloon, open it up and place it over the balloon, and repeat the process.
4. Add several more balloons. Make sure that the original hole is always covered by several layers of balloons.

Language development

Read the poem "Body Language" and do the movements together.



Body Language

Hips wiggle
Tummies sag
Shoulders shrug
Tongues wag
Feet patter
Scalps tingle
Teeth chatter
Chests heave
Backs ache
Hair curls
Nails break
Arms fold
Legs jump
Ankles sprain
Hearts pump
Noses twitch
Hands clap
Elbows bend
Fingers snap
Skin wrinkles
Knuckles crack
Knees knock
Lips smack
Thumbs twiddle
Eyes blink
Heads nod
Brains think!

Anonymous