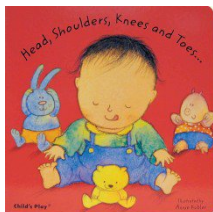


# Stories and More: September 2016

## Movement and Learning

Children learn with their whole bodies. Incorporating movement into learning helps a child grow their memory, learn new vocabulary, understand the rhythm of language, and much more!

For ages Birth to 18 months:

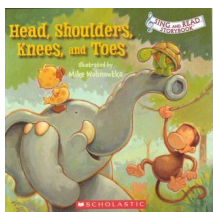


### Head, Shoulders, Knees and Toes...

by Annie Kubler

Sing this familiar song with your child as you share the book. Gently touch your child's head, shoulder, knee and toe as you say the word. Singing slows down language so your child can better hear and learn words.

For ages 19 months to 2 years:

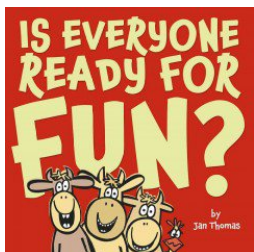


### Head, Shoulders, Knees, and Toes

by Mike Wohnoutka

Sing the song together as you share the book. Look at the animals, say their names and talk about what they are doing. After, sing the song again and touch each body part as you say it. This helps to reinforce the words and increases memory! Try singing it and moving faster, and then slower!

For ages 3 to 5 years:



### Is Everyone Ready for Fun?

by Jan Thomas

In this silly story, three cows invite the reader to join them in some FUN! As you're reading, join in the activities the cows suggest. How does the chicken feel about what the cows are doing? How do you know? Can you tell by looking at his face? Is he frustrated? Annoyed? Talking about facial expressions and using words beyond "happy", "mad", or "sad", gives a child new words to use when expressing their own feelings, and helps them to recognize the body language that goes with those feelings.

*Stories and More* is made possible through Arapahoe Libraries' partnership with the Arapahoe County Early Childhood Council.  
*September 2016*



### Arapahoe Libraries

12855 East Adam Aircraft Circle  
Englewood, Colorado 80112 | 303-542-7279  
[arapahoelibraries.org/](http://arapahoelibraries.org/)

# Stories and More: September 2016

## Also in your kit:

### Animal Action Dice

- Help your child put the animal stickers on one of the wooden blocks—one animal on each side. Use a marker to write an action word on each side of the second block. To play the game, roll the dice and do the action as shown on the dice while you pretend to be the animal. Run like a duck! Crawl like a pig! Make a sound like a cow! Your child is learning new action words while using their whole body and having fun.
- Possible action words: run, jump, hop, skip, sound like, waddle, slither, crawl, wiggle, dance.

### Soft Ball:

- **Babies:** Show your baby the ball and talk about its color and the shapes on it. Let your baby squeeze it and listen to the sound it makes. Squeezing and holding develops finger strength. During tummy time, put the ball just out of baby's reach so they stretch for it. As you sing "Head, Shoulders, Knees and Toes", tap the ball on baby's body parts. Shake the ball to the beat.
- **Toddlers:** Talk about the color and shapes on the ball. What sound does it make when you shake it? Sing a song like "Head, Shoulders, Knees and Toes" and touch the ball to each body part. Shake the ball on the beat while singing. Can you roll the ball? Can you toss and catch it? Try catching with one hand, then the other!

## More fun at home:

- Have a backyard parade. Sing your favorite song while marching in time to the beat. Use wooden spoons as rhythm instruments or cereal boxes as drums.
- Write out each of the letters of the alphabet on a large sheet of paper. Put them on the floor and have your child "walk" the ABCs. Call out a letter and have them hop to it.
- "Cross the midline" to help the two halves of the brain work together. Touch your left foot with your right hand, then your right foot with your left hand. Reach your right arm across your body and point to the left. Reverse.
- Recite a nursery rhyme like "Pat-a-cake" while bouncing your child gently on your lap. Help them roll their arms and pat their hands together.

## Keep Reading!

Try these other great books that use movement in the story!

**From Head to Toe** by Eric Carle

**Sing with Me!: Action Songs Every Child Should Know** by Naoko Stoop

**Wiggle** by Doreen Cronin

**Bear Can Dance!** by Suzanne Bloom

**I Got the Rhythm** by Connie Schofield-Morrison