ParentActivity

Letter

**Today,** we recommend you read the book, “**Eyes, Nose, Fingers and Toes**”, by Judy Hindley. In the classroom, the children sang the song “Head, Shoulders, Knees and Toes” and touched each part of the body as they sang the song. From wiggling of their shoulders, waving of their hands to stomping their feet, they enjoyed exploring the many ways to use their bodies. It was a great activity that promoted physical skills such as balancing and travelling.

**At home,** youand your child can have fun singing the lyrics to the song (see below) too as you wiggle your shoulders or stomp your feet. You and your child can have fun making up your own lyrics. As an extension, encourage your child to name the different parts of the body as you point to the body parts to see if he or she can recognize and name them!

***\*\*\*Please remember to read aloud to your child daily. We recommend reading a minimum of 3 hours a week with your child.C:\Users\BCCAP- Head Start\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VAOL3GO4\MC900437791[1].wmf***

**The PAL letters are developed to support your child’s academic/social emotional progress and are related to the program’s School Readiness goals.**

Child’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rate this activity from 1-5, circle your rating (5= highest rating): **1 2 3 4 5**

Comments about the activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I agree that completing the at home activity and reading aloud to my child is equivalent to four hours volunteer time for the week.

**Parent’s Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Room:

HEADS, SHOULDERS, KNEES, AND TOES

Head and shoulders knees and toes  
Knees and toes  
Head and shoulders knees and toes  
Knees and toes  
And eyes and ears  
And mouth and nose  
Head and shoulders knees and toes  
Knees and toes

