



Craft Activity

Theme: My Body - Feet

Intro: Humans have 5 toes on each of their feet. 1/4 of all the bones in the human body are in your feet. Walking is the best exercise for your feet. The big toe helps you to balance when standing or walking. Learn more about feet at Playgroup today.

Craft activity: Box Shoes

Children will need: 2 x tissue boxes or similar, variety of craft pieces, glue.

Instructions: Decorate 2 boxes by gluing on craft pieces.



Extension ideas:

Try walking around in your new shoes. (You may have to take your real shoes off first). Have a 'shoe parade' and show off your new shoes!

Fact: The foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles.



Learning Outcome 3: Children have a strong sense of wellbeing.

Coordinator extension ideas and group time guide

Sensory activity: Sensory Walk

You will need: A variety of different textured materials e.g. felt, fur, bubble wrap, door mat, bath mat, pillow, along with some shallow trays of leaves, sand, pebbles.

Instructions: Set up a line of different textured materials. Encourage children to take off their shoes and feel each of the materials with their bare feet. Talk with children about the different textures. This activity can be set up inside or outside. If setting up outside you may like to add water and mud to the sensory walk.

Outside activity: Feet Painting

Provide a large piece of paper and a variety of paint in shallow containers. Children can dip their feet into the paint and walk over the paper. Provide a wash bowl and towel/paper towel to clean feet.

Group time ideas:

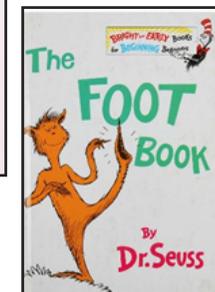
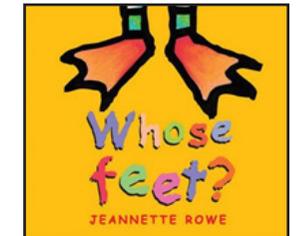
You may like to ask children to take off their shoes and talk with them about their two feet and ten toes and the parts of the foot – ankle, heel, toes, toenails and the names of the toes – big toe, index toe, middle toe, 4th toe, little/pinky toe.

- Practise some feet movements – point toes, wiggle toes, clap feet together, walk on tiptoes.
- Did anyone make a pair of box shoes today?
- Children may like to keep their shoes off for the upcoming Sing-A-Long.



Book Suggestions:

Ten Little Fingers and Ten Little Toes by Mem Fox
The Foot Book by Dr. Seuss, Whose Feet? By Jeanette Rowe





Poem (www.childfun.com)

I'm glad my legs are where they're put,
With at the end of each – a foot;
And that my arms are so well planned
That on each one I have a hand.
Just think of all the things to do
With arms and legs attached to you.
To walk and hop and wave and hold
Are more precious than a pot of gold!

Head, Shoulders, Knees, Toes

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

Hands and Feet (www.childfun.com)

(Tune: Tinkle Twinkle Little Star)

My two hands go clap, clap, clap (clap)
My two feet go stamp, stamp, stamp (stamp)
My two hands go thump, thump, thump (tap head or hit legs)
My two feet go jump, jump, jump (jump)
My body can turn around and around (turn around)
And now my body can sit quietly down (sit down)

This Little Piggy

This little piggy went to market,
This little piggy stayed at home,
This little piggy had roast beef,
This little piggy had none.
And this little piggy went...
"Wee wee wee" all the way home...

Ten Little Toes

(Tune: Ten Little Indians)

One little, two little, three little toes
Four little, five little, six little toes
Seven little, eight little, nine little toes
Ten little toes on my feet.