



# Playgroup SA

## *Playgroup Weekly Session Planner*

*My Body - Hands*

[www.playgroupsa.com.au](http://www.playgroupsa.com.au)

# CRAFT ACTIVITY

Humans generally have two hands; each hand has 4 fingers and two thumbs. Human hands can do a lot more than animal hands can.

**Craft activity:** Bouquet of Hand Flowers

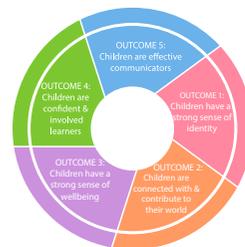
**Children will need:** White paper, coloured paints, paint brushes, coloured/pattern ribbon, scissors and glue.

**Instructions:** Have the parents/caregivers help the children do multiple handprints (fingertips facing the top of the paper) using different paint colours onto the paper. Paint long green stems from the bottom of the flowers. Once the paint has dried or nearly dried, cut a length of the ribbon, long enough to make a bow and stick on to the stems like you have tied the flowers together. Making a Bouquet of Hand Flowers.

**COVID Safe suggestions:** COVID Safe suggestions: Set up individual craft stations, for social distancing, and wipe over items used and table before setting up for the next child. Or make up a craft pack for the children to take home.

**Extension ideas:** For older children you could have them trace their hands and then cut out pieces of textured material, coloured/patterned paper and glue them on to the paper to make your Bouquet of Hand Flowers.

**Fact:** There are 27 bones in the Human hand.



**Learning Outcome 2:** Children are connected with and contribute to their world.

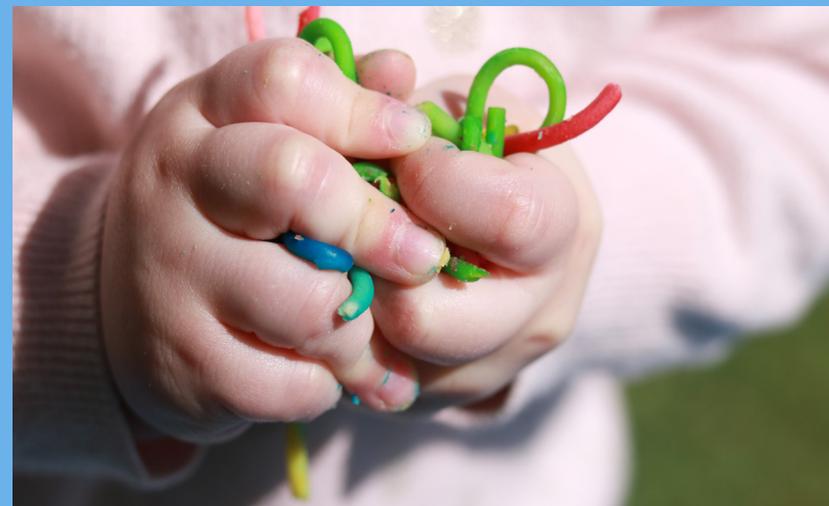


# OUTDOOR ACTIVITY

Give the children a piece of paper and a piece of chalk, take outside and get them to find a rough or textured surface that they can do a rub drawing of. Ask them how the surface feels to touch – rough, smooth, prickly. Once they have done the rubbing ask them if the drawing looks like what the surface feels like.

# GROUP TIME IDEAS

With hand hygiene being so important right now, show the children how important it is to watch their hands. Have a couple of bowls with warm water in them, some hand pump soap and a couple of towels or tea towels. Demonstrate to the children how to wash their hands while singing the Happy Birthday – the correct amount of time it takes to wash your hands thoroughly and then have them with do it with their parent/caregiver.



Squishy Sensory Play

# BOOK SUGGESTIONS

I Don't Want to Wash My Hands! By Tony Ross

Hand, Hand, Fingers, Thumb by Al Perkins & Eric Gurney

