

## Follow the Leader

**Book: *Whose Legs Are These?*** by Peg Hall and Ken Landmark. Examines a variety of animal legs, noting how they look different and function in different ways.

Start the activity with an adult as the leader. Model actions the child will copy. Include activities that use both large muscles (twisting, spinning, hopping, running) and small muscles (snapping, clapping). Let the child take a turn being the leader.

**Kindergarten Connection:** This game has multiple benefits including developing coordination and controlling movement, as well as following directions.

## Come and get it!

**Book: *Kitchen for Kids: 100 Amazing Recipes Your Children Can Really Make*** by Jennifer Low and Mark Burstyn. Features recipes for kids.

Let your child help you in the kitchen. Activities such as stirring, pouring, and measuring will help develop eye-hand coordination.

**Kindergarten Connection:** In kindergarten, children will lace with cards and beads of various shapes, tie shoes, and catch and throw balls. As they develop the skill of eye-hand coordination, they are preparing for handwriting.

## I Can Dress Myself!

**Book: *Froggy Gets Dressed*** by Jonathan London and Frank Remkiewicz. Rambunctious Froggy hops out into the snow for a winter frolic but is called back by his mother to put on some necessary articles of clothing.

Let your child help decide what to wear. Encourage him/her to dress himself/herself. It is okay if the clothes do not match. If the zipper on a coat is small or difficult for your child to grasp, add a

paperclip covered with masking tape to make it easier.

**Kindergarten Connection:** Your child will be expected to take off and put on his/her own outerwear (coats, sweaters, gloves, or boots).

## Hand Washing

**Book: *Wash Your Hands*** by Tony Ross. A little princess is constantly being reminded to wash her hands so that germs won't make her sick.

Put a little flour onto your child's hands and have him/her rub them together. Explain that the flour represents germs. With floured hands, ask your child to touch a doorknob, then to touch his/her clothing and face. Show that there is flour (germs) left behind. Teach your child how to wash his/her hands using warm water and soap. Have him/her sing the ABC's while rubbing hands together under the water. This should take about 15 seconds, which is about how long it should take thoroughly wash hands. Ask him/her to touch things again. There will be no "germs" left behind!

**Kindergarten Connection:** Washing will not only keep children's hands clean, it will help to prevent the spread of illnesses. Classroom activities can be messy. Children will need to be able to wash their hands often and on their own.

## Finger Plays

**Book: *Peanut Butter and Jelly: A Play Rhyme*** by Nadine Bernard Wescott. Rhyming text and illustrations explain how to make a peanut butter and jelly sandwich. Includes instructions for accompanying hand and foot motions at the end of the book.

Do finger plays such as "Two Little Black Birds," "This Little Piggie," or "Where Is Thumbkin?"

### Two Little Black Birds

(Hold hands in fists behind back)

Two little blackbirds sitting on a hill.  
One named Jack  
(Pull one fist out from behind back and wiggle thumb)  
And one named Jill.  
(Pull other fist out from behind back and wiggle thumb)  
Fly away Jack!  
(Hide fist behind back)  
Fly away Jill!  
(Hide other fist)  
Come back Jack,  
(Pull one fist out and wiggle thumb)  
Come back Jill.

### **This Little Piggie**

(Pull other fist out and wiggle thumb) This little piggie went to market,  
(Wiggle thumb)  
This little piggie stayed home.  
(Wiggle pointer finger)  
This little piggie had roast beef,  
(Wiggle middle finger)  
This little piggie had none.  
(Wiggle ring finger)  
This little piggie cried, "Wee, wee, wee." All the way home.  
(Wiggle little finger) (Hide hands behind back)

### **Where Is Thumbkin?**

Where is Thumbkin?  
Where is Thumbkin?  
Here I am!  
(Pull one hand out from )  
behind back and wiggle thumb)  
Here I am!  
(Pull other hand out and wiggle other thumb)  
(Pretend the two thumbs are talking to each other)  
How are you today, sir (With one thumb)  
Very well, I thank you  
(With one thumb)  
Run away  
(Whisk one hand behind back)  
Run away.  
Whisk the other hand behind back)

Repeat with Pointer, Tall Man, Ring Man, Pinkie

**Kindergarten Connection:** Doing finger plays promotes small muscle strength and development. Being able to use their small muscles (fingers, wrists) will aid children in holding their writing instruments properly.

## Activity Card

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