Session 23

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Session Title	**Meet My Body**
Objective	• Help children identify and name basic body parts. • Improve language development and body awareness. • Engage students through interactive and hands-on activities.
Topics/Concept	• Recognition and naming of key body parts. • Understanding the functions of different body parts.
Material Required	• Large body part puzzles • Chart paper • Hand-held mirrors • Coloring sheets • Crayons, sketch pens • A4 sheets

Session Plan 90 Min

Intro Activity

1. Introduction Activity (15 minutes)

Game: "Touch and Say"

The teacher says a body part, and children touch it on their own body.

Example: "Touch your nose!" "Touch your knees!"

Encourages quick response and active participation.

Main Topic/ Activity

Activity 1: Body Parts Song and Dance (15 minutes)

Sing "Head, Shoulders, Knees, and Toes" with actions.

Repeat with increasing speed for fun.

Activity 2: Mirror Play (15 minutes)

Give children small mirrors.

Ask them to point at their eyes, ears, nose, mouth, and other features while saying their names.

Activity 3: Body Chart Creation (30 minutes)

Draw a big human figure on chart paper.

Ask students to help label different parts (e.g., head, shoulders, legs).

Call on volunteers to stick labels on the correct part.

List of Body Parts Covered:

1. **Head**
2. **Eyes**
3. **Ear**
4. **Nose**
5. **Mouth**
6. **Neck**
7. **Shoulders**
8. **Arms**
9. **Hands**
10. **Fingers**
11. **Chest**

12. **Stomach**
13. **Legs**
14. **Knees**
15. **Feet**

Activity 4: Body Parts Puzzle (15 minutes)

Provide a puzzle with detachable human body pieces.

Let children assemble and name each part while fitting it in place.

Activity 5: Art Activity (15 minutes)

Give each child an outline of a human body.

Let them color and label major body parts.

Expected Learning Outcome:

Knowledge building-

Students will confidently identify and name major body parts.

They will understand basic functions (e.g., "We use hands to hold things").

Skill Building-

Improved coordination and memory through interactive activities.

Enhanced ability to follow instructions and recognize patterns

Review Questions/Assessment/Tasks

Point to a body part and ask, “What is this?”

Ask, “What do we use our hands for?” or “What helps us walk?”

Let students show their body part artwork and say the names aloud.

Follow up Tasks

Encourage children to teach body parts to their parents or siblings.

Assign a drawing task: “Draw a person and label five body parts.”

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