

BOOK TITLE

# What I Like about My Body

TOPIC

# About Me



## Essential Question

What are some of the amazing things my body can do?

## Teaching Strategy

This lesson uses cooperative learning strategies to encourage the students to work together to complete a task. The lesson also requires hands-on, active participation from both the students and the teacher.



### REQUIRED MATERIALS



Open Space

### LEARNING ACTIVITIES



Class discussion about the book *What I Like about My Body*.



Circle game.

### LEARNING CONNECTION

This activity has the students choose and perform activities that they like to do with their bodies. The activity builds on the book *What I Like about My Body* by showing the students how important their bodies are and what their bodies can do.


### READING VOCABULARY

*Body, legs, move, arms, play, dance, eat, food.*

## LESSON PLAN: WHAT I LIKE ABOUT MY BODY

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1. Talk to the students about the book. Say:

 “I love my body! My body is what allows me to get up in the morning and come to school. In fact, all of our bodies allow us to get out of bed in the morning and do all the things we love to do. The book that we just read, *What I Like about My Body*, touches on just a few of the wonderful things that the different parts of our bodies can do.”




2. For the activity, have the students stand up in an open space. Ask the students to stretch out their arms. They should not be able to touch anyone around them.

3. Next, say:


 “Today, we are going to play a game. I want all of you to stand up and form a large circle.”

☞ Let the students form a circle.

 “I will start off the game by saying, ‘My legs help me to dance.’ After I say that, I want all of you to show me your best dance moves.”

☞ Make sure the students understand that they will need to demonstrate whatever activity is said.


4. After they have danced for about 30 seconds, say:

 “Now I am going to point at one of you and say, ‘What about you?’ Now it’s that student’s turn to pick an activity he or she likes. If you’re picked, you will say, ‘My blank helps me to blank,’ filling in the blanks with a body part and something it helps you do. After the student says what activity his or her chosen body part helps him or her do, everyone acts out that activity.”

5. Have all the students act out the chosen student’s activity (for example, if the student says, “My legs help me to run,” all the students would run on the spot). That student then says, “What about you?” and points to another student. Repeat the game until all of the students have participated.

**Note:** Make sure the students are respectful and do not tease any other students during this game.

6. Finish the lesson by discussing the activity with the students. Say:

 “Today we demonstrated some of the incredible things that our bodies can do. It is important for us to remember that all of our bodies are special and unique. That is why we have to love our bodies and take care of them the best way we can. Eating healthy foods and exercising every day are two excellent ways we can help our bodies be the best they can be.”