

## Our Selves

a few ideas adapted from Language Learning Co-op Ideas—by ST

### Music & Movement

#### “Head, Shoulders, Knees & Toes”

Head, shoulders, knees and toes,

Knees and toes,

Knees and toes.

Head, shoulders, knees and toes,

Eyes, ears, mouth, and nose.

Hair, arms and legs and feet,

Legs and feet,

Legs and feet.

Hair, arms and legs and feet,

Neck, chin, forehead, cheeks.

Back, bottom, tummy, chest,

Tummy, chest,

Tummy, chest,

Back, bottom, tummy, chest,

Elbows, fingers, hand, and wrist.

Ankles, calves, and thighs and hips,

Thighs and hips,

Thighs and hips.

Ankles, calves, and thighs and hips,

Teeth and tongue, and gums and lips.

*More:*

“The Hokey Pokey”

“Do As I’m Doing”

“Here We Go Looby-Loo”

#### “If You’re Happy and You Know It”

verse 1: If you're happy and you know it, clap your hands.

verse 2: If you're sad and you know it make a frown.

verse 3: If you're worried and you know it take a breath.

verse 4: If you're sick and you know it just lay down.

verse 5: If you're tired and you know it make a yawn.

verse 6: If you're afraid and you know it call for "Help!"

verse 7: If you're angry and you know it snap your fingers.

verse 8: If you're lonely and you know it sing a song. ("La-la la")

verse 9: If you're excited and you know it shout "Hooray!"

#### “Can You?” circle game

*everyone get in a circle, and do the actions as you move in a circle—don't run into anyone!*

I can walk fast, *can you?* . . . Or slow, *can you?*

I can run fast, *can you?* . . . Or slow, *can you?*

I can wiggle fast, *can you?* ... Or slow, *can you?*

I can swim fast, *can you?* . . . Or slow, *can you?*

*(pretend to swim with arms as you walk)*

I can fly high, *can you?* . . . Or low, *can you?*

*(pretend to fly with arms as you walk)*

I can hop high, *can you?* . . . or low, *can you?*

I can take big steps, *can you?* or little steps (etc)

I can tiptoe (etc) . . . or tromp . . .

I can swing & sway . . . or jerk . . .

(other actions might be suggested by different child leaders)

### Making a Me

Option 1. Trace the silhouette of each person’s head.

Option 2. Trace each person on a large sheet of white paper (like schools have), and let each person decorate it with features and clothes.

Option 3. Let each person draw a picture of him/herself and tell the group about him/herself—favorites, talents, etc. Others can help each person think of good things to tell about self.

## **How Are You?**

*a circle game*

1. Children altogether ask the teacher/leader, "How are you?"
2. Teacher/leader answers using an appropriate facial expression.
3. Children make the expression too.
4. Continue until you have shown  
happy, sad, excited, worried, sick, lonely, afraid, angry, tired
4. Let the children draw these expressions on paper plates, or on the page following.

## **Look in the Mirror and Like Who You See**

1. Pass around a hand-held mirror and take turns telling yourself one thing at a time:  
I am a good person. I can do lots of things. I'm loveable. I like myself.  
I take care of myself. I help others. God is my Friend. It's ok if I make mistakes.

## **Make a Moveable Self (body)**

1. Use the body parts on the 2nd page following to make a puppet.
2. Use brads to attach the body parts to each other.
3. Draw or attach face parts.
4. Optional: draw clothes and attach them. (You may have to attach body parts with glue instead of brads for the clothes to work.)

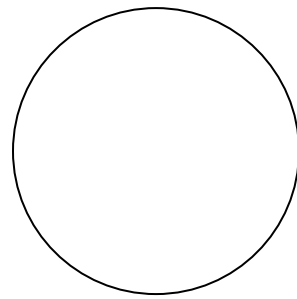
## **Make and Decorate People Cookies**

1. Use girl/boy or gingerbread man cutters to cut out gingerbread or sugar cookie people. Or, you could draw a simple pattern on cardboard (such as a cereal box), cut it out, and use it to cut around the cookie dough or baked cookie (or brownie) sheet while it is hot and fresh out of the oven (an adult or teen would need to do this).
2. Decorate your people cookies while you sing happy songs.

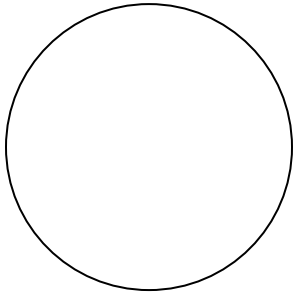
## **Make foodie faces**

1. Use round lunchmeats, bread, or cheeses as the base face.
2. Use condiments and other foods to make the facial features . . . such as a beet, tomato, or celery slice smile, olive or carrot slice eyes, grated cheese or French cut string beans for hair, mushroom half noses . . .
3. other ideas:
  - a. hamburger halves: make a face on each half of the hamburger bun: make a catsup smile, pickle eyes, cheese triangle nose, lettuce hanging over from under the meat for hair.
  - b. Fruitie Faces: cut a slice of pineapple as the base face. Use two banana slices with blueberry centers for the eyes. Use a strawberry half as the nose. Use an apple wedge for the mouth.
  - c. What's in the frig/pantry? Get creative and come up with your own ideas! (Let the kids look and figure out what they could use for what.)

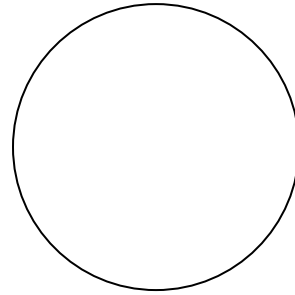
# How are you?



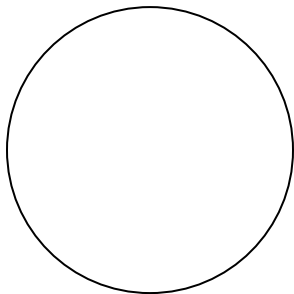
I feel happy.



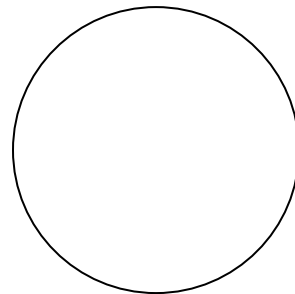
I feel sad.



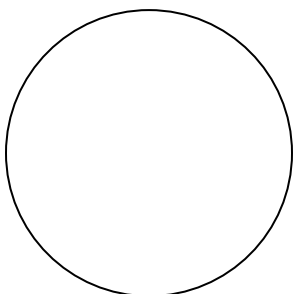
I feel excited.



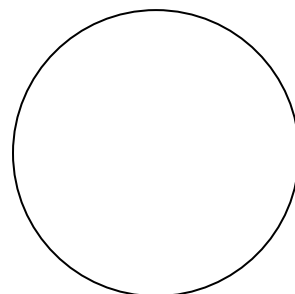
I feel worried.



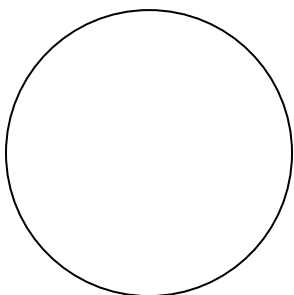
I feel sick.



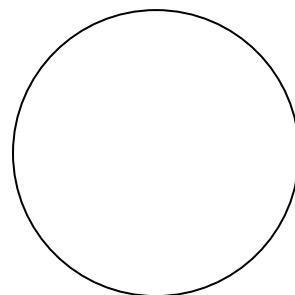
I feel lonely.



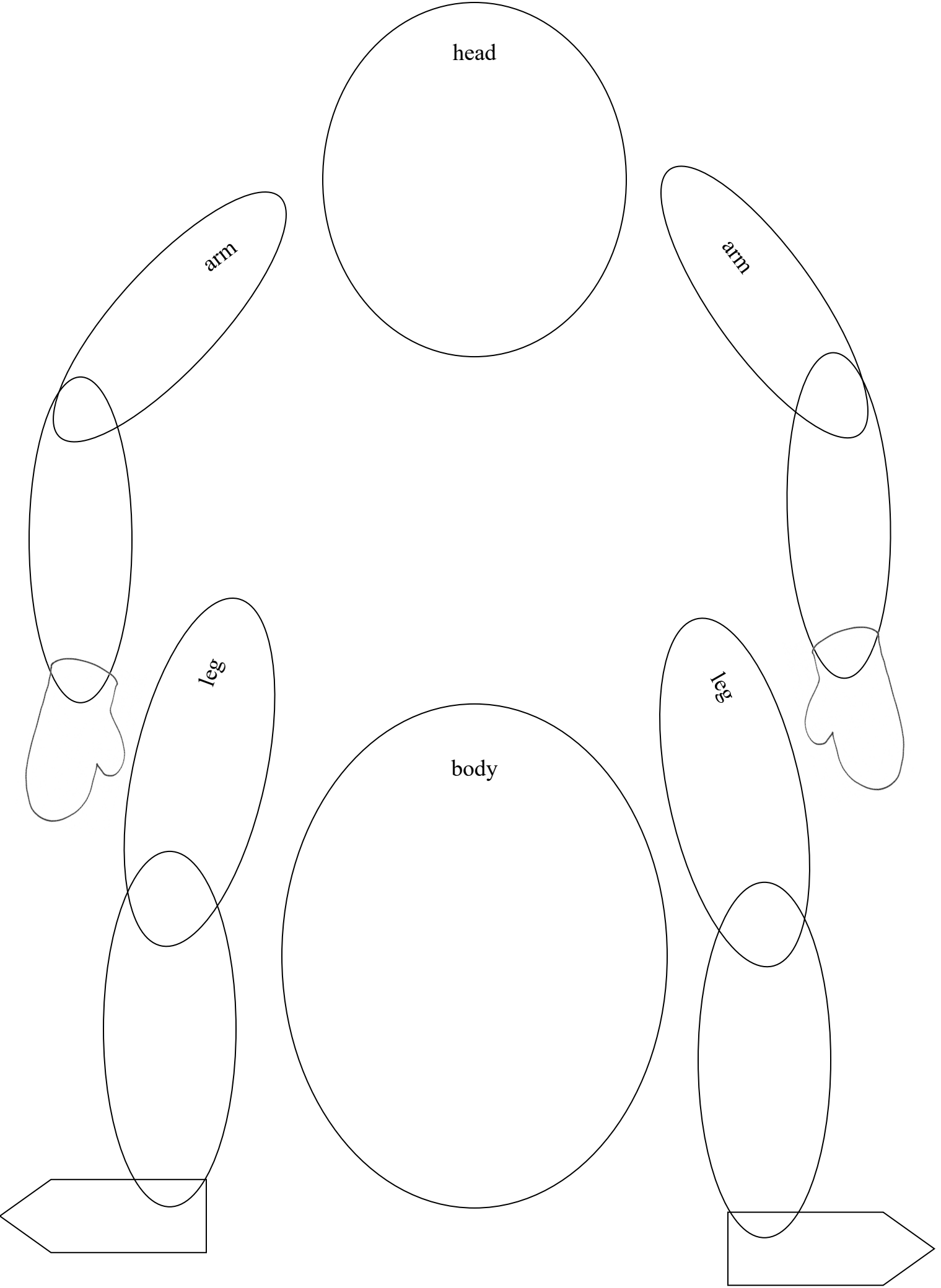
I feel afraid.



I feel angry.



I feel tired.



head

arm

arm

leg

leg

body

