

# SEEDS

Skill-based Educational Experiences Delivery System

## **BOOK #1**

## **FROM HEAD TO TOE**

by  
**Eric Carle**

### **Materials**

**Vocabulary Word Cards**

**No Purchased Materials**

No claim is made on those materials that are in the public domain.  
©2013 Florida Institute of Education at the University of North Florida

Reproduction of these materials for resale or distribution is prohibited.



**FLORIDA INSTITUTE  
OF EDUCATION**  
*at the University of North Florida*

# SEEDS

## Session 1 - Steps to Success

*From Head To Toe, Eric Carle*

### Preparation

- Become familiar with the book by reading it.
- Review the story questions.
- Review the Vocabulary Word Cards – *head, neck, shoulder, arms, hands, chest, back, hips, knee, legs, feet, toes*.
- Read the Steps to Success session cards.
- You will need Vocabulary Word Cards.

### Introduction of Book

- Show the children the cover of the book and ask them to identify what they see on the front cover of the book. (Purple gorilla pointing to his head and toes.)
- Tell the children they will be learning about different body parts.
- Identify the title of the book and the author of the book.
- Show the children the back of the book and ask them what they see the boy doing? Tell the children you are going to be pointing to and saying the boy's body parts - head, neck, shoulders, chest, arms, and legs.

### Reading Aloud

- Tell the children that you will be reading a story about how different animals move some of their body parts.
- Introduce the Vocabulary Word Cards – *head, neck, shoulder, arms, hands, chest, back, hips, knee, legs, feet, toes*. Show and name each card. Give a child-friendly definition for each word.
- While reading, match the Vocabulary Word Cards to the pictures throughout the book.
- While reading, ask the children to act out the motions described on each page.
- **While reading the book**, ask the following questions:
  - What is the first animal in the story? (penguin)
  - What did the giraffe do to his neck? (bent it)
  - The monkey waved his arms. Can you wave your arms?
  - The seal clapped his hands. Can you clap your hands?
  - Can you show me what the gorilla did? (thumped his *chest*)

### After Reading

- **After reading the book**, ask the following questions:
  - What can you do with your neck? (turn it and bend it)
  - The buffalo raised his shoulders in the book. What can you do with your shoulders?

### Conversations and Vocabulary Development

**Activity 1** Show each Vocabulary Word Card to the children. Ask them to point to and say the body part that is displayed on the cards.



- Activity 2** Give each child one or two of the Vocabulary Word Cards. Ask each child to make up a full sentence using the body part that is printed on the card.
- Activity 3** Review the following body parts with the children: *head, neck, shoulder, arms, hands, chest, back, hips, knee, legs, and feet*. Sing the **Hands and Shoulders** song with the children.

### **Hands and Shoulders**

(Tune: *Head, Shoulders, Knees, and Toes*)

Hands on shoulders, hands on knees, hands on knees.

Hands behind you, if you please, if you please.

Touch your head, touch your neck.

Touch your arms, now your chest.

Hands on your legs and hands on your feet.

See what we learned in the book, in the book.

## **Conversations and Language Enhancement**

- Activity 1** Give the children a body parts Vocabulary Word Card. When they get the card, they will tell you the name of the body part and describe at least two things that can be done with the body part, such as, "I have two arms on my body and I use my arms when I throw and catch balls." Continue until all children have completed the task.

- Activity 2** Ask the children to mimic what the animals did in the book:

- Turn your head
- Bend your neck
- Raise your shoulders
- Wave your arms
- Clap your hands
- Thump your chest
- Arch your back
- Wiggle your hips
- Bend your knees
- Kick your legs
- Stomp your feet

- Activity 3** Sing the **Hokey Pokey** song with the children.

### **Hokey Pokey**

Put your (**head**) in, and take your (**head**) out.

Put your (**head**) in and shake it all about.

Do the Hokey Pokey, and turn yourself around.

That's what it's all about.

Continue singing the song using the following body parts: arms, hands, hips, knee, back, legs, and feet.

# SEEDS

## Session 2 - Steps to Success

*From Head To Toe, Eric Carle*

### Preparation

- Become familiar with the book by reading it.
- Review the story questions.
- Review the Vocabulary Word Cards - *head, neck, shoulder, arms, hands, chest, back, hips, knee, legs, feet, toes.*
- Read the Steps to Success session cards.
- You will need Vocabulary Word Cards.

### Introduction of Book

- Ask the children to tell you some of the body parts that the animals used in the story. Give the children clues to help them remember the body parts that were in the story.
- Review the title of the book and the author of the book.

### Reading Aloud

- Open the book, turn the pages while pointing to and naming the body parts.
- Display the Vocabulary Word Cards while saying the words.
- Read the book.
- **While reading the book**, ask the following questions:
  - Pretend you are a cat, what did the cat do in the story? (arched his back)
  - What did the crocodile do with his hips? (wiggled them)
  - The camel was a tall animal. What did he do with his knees? (bent them)
  - Donkeys like to kick. What did the donkey do with his legs? (kicked them)
  - What did the elephant do with his foot? (stomped it)

### After Reading

- Ask the following questions after reading the book:
  - The boy wiggled his toes in the book. Can you wiggle your fingers? Can you wiggle your hips? Can you wiggle your body? What else can you wiggle?

### Conversations and Vocabulary Development

**Activity 1** Randomly open one of the pages in the book. Ask one of the children to describe what they see on the pages. Continue this activity until all children have had a chance to describe two pages in the book. Encourage the children to use descriptive words and the Vocabulary Word Cards.

**Activity 2** Ask the children the following questions:

- What body parts do you use to jump up and down? (legs)
- What body parts do you use to clap? (hands)
- What body parts do you use to stomp on the ground? (feet)
- What body parts do you use to wave good-bye? (arms)
- What body parts do you use to kneel on the floor? (knees)
- What body parts can you bend? (arms, legs, neck)



## Conversations and Language Enhancement

**Activity 1** Sing the **I Can Do It** song with the children.

### **I Can Do It**

*(Tune: If You're Happy and You Know It)*

I can use my arms to reach up high,  
I can use my arms to reach down low.  
I can clap my hands real fast.  
I can clap my hands really slow.  
I can use my hips to wiggle around.

Encourage the children to show and tell you other actions they can do with their body parts.

**Activity 2** Play the **I Am Thinking** game with the children.

**Clues:**

- **I Am Thinking** of body parts that are in the middle of my legs. What are they? (knees)
- **I Am Thinking** of a body part that is on the top of my neck. What is it? (head)
- **I Am Thinking** of body parts that I use when I carry my lunch box. What are they? (hands, fingers)

**Activity 3** Remind the children about the body parts that they read about in the book - *head, neck, shoulder, arms, hands, chest, back, hips, knee, legs, feet, and toes*.  
Sing the **My Body Parts** song with the children.

### **My Body Parts**

*(Tune: London Bridge)*

Use your hands to touch your head,  
Touch your arms to your knees.  
Use your foot to touch your leg.  
Wiggle your toes and wiggle your hips.  
Stand up straight and show us your chest.  
Turn around and show your back.  
Hug your body.

**Activity 4** Remind the children what the book was about. Give each child a topic and ask him/her to make up a full sentence describing the topic. If the child has difficulty, prompt by giving clues or say a sentence and ask the child to repeat the sentence.

**Prompt 1** - The story talked about the gorilla thumping his chest. Tell us what else you can do with your hands?

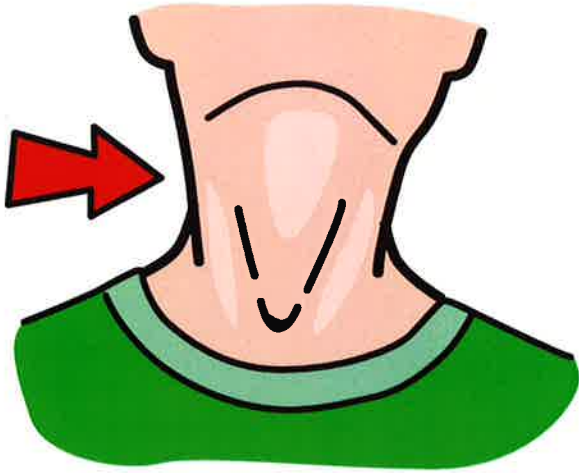
**Prompt 2** - The story talked about the donkey kicking his legs. Tell us what else you can do with your legs?

**Prompt 3** - The story talked about the giraffe bending his neck. Tell us what else you can bend on your body?

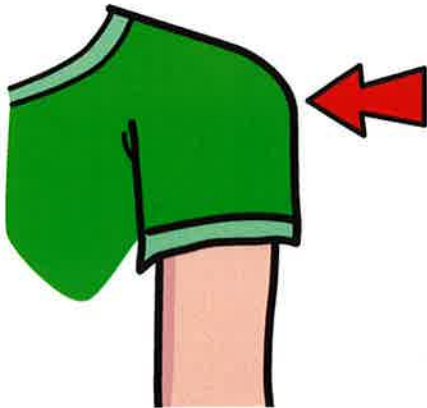
## Vocabulary Word Cards



head



neck

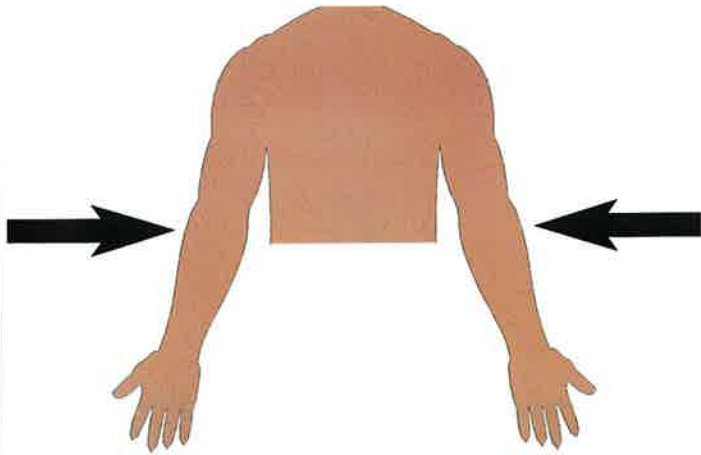


shoulder

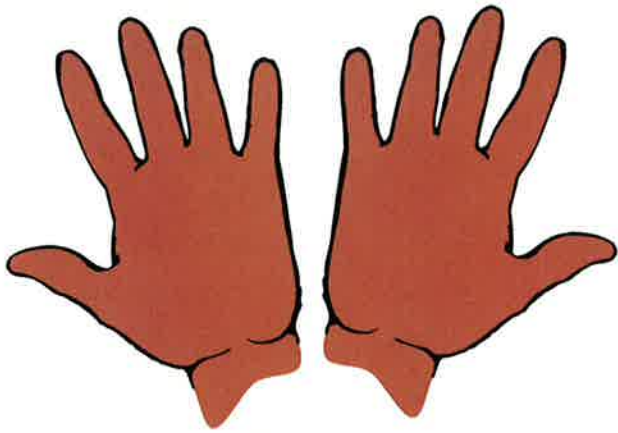




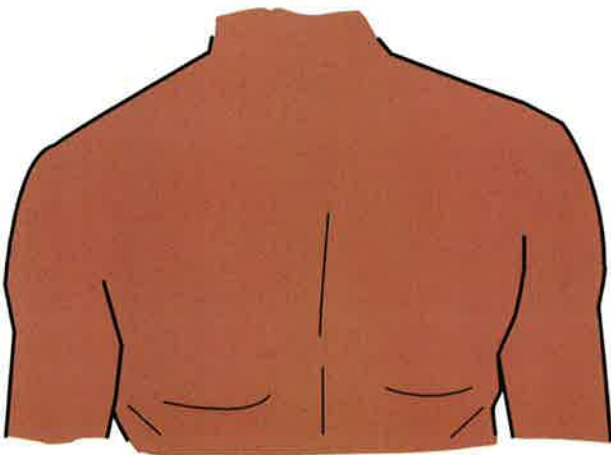
## Vocabulary Word Cards



arms



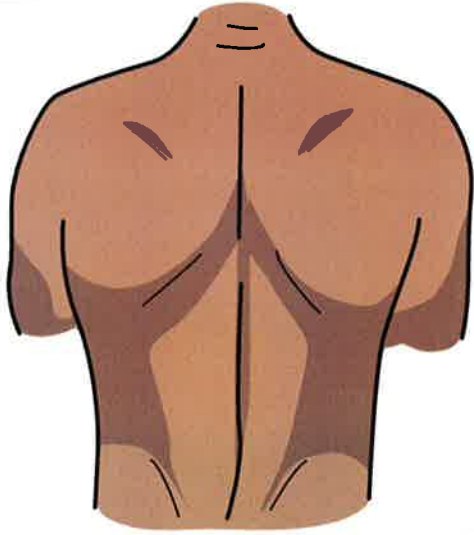
hands



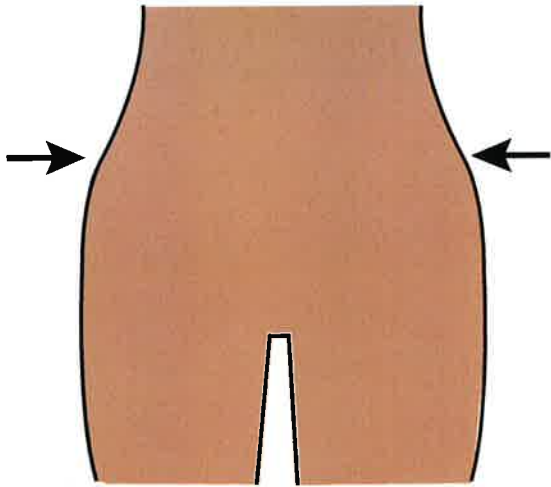
chest



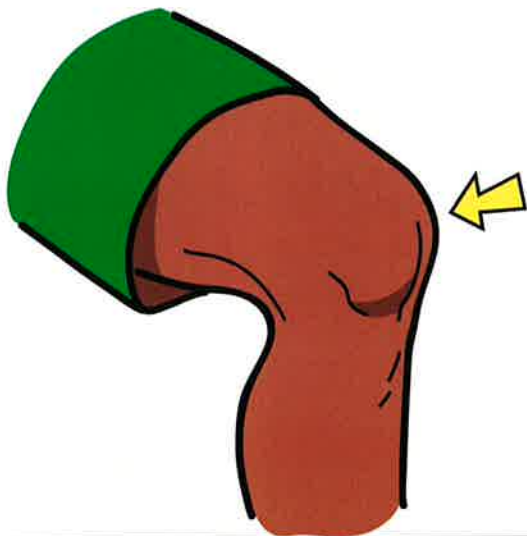
## Vocabulary Word Cards



back



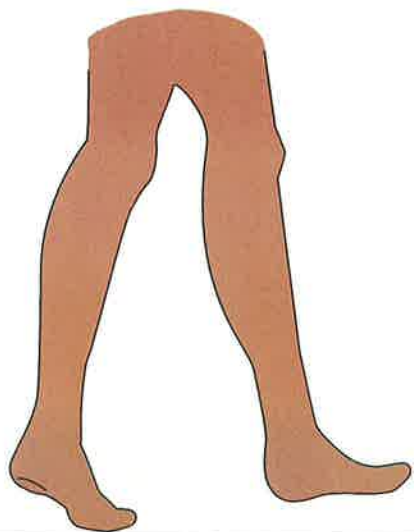
hips



knee



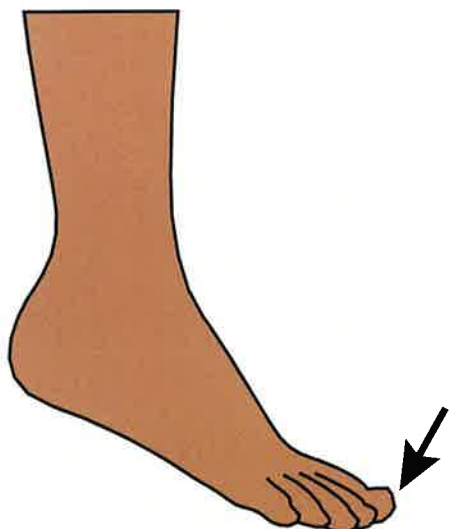
## Vocabulary Word Cards



legs



feet



toes

