Can you scratch your head like a gorilla? Bend your knees like a giraffe? In this colorful book, children learn about body parts and movements while imitating different animals.

Did you know?
Kindergarten Readiness is more than just academics! **Self-Regulation**, or being focused on a task, managing emotions and controlling impulses is all a part of succeeding in school. While sharing *From Head to Toe*, you can practice basic self regulation skills as you start and stop simple movements and stay focused on the book.

**Talk about it!**
*While babies and young children might not be able to answer your questions, they are learning as they hear you talk. When you ask and answer your own questions you are helping your child learn language!*
- What animal did you like best?
- Do you remember what movement the ____ (buffalo/giraffe/etc) made?
- What other animals have we seen in our neighborhood, in other books, or at the zoo?

**Play: (activity with no materials)**
Think of a few new animals you did not see in *From Head to Toe*. It could be an animal you’ve seen in your neighborhood, in other books, or at the zoo. Act out the movements on your own for these new animals. How might they move?
For example, can you wag your tail like a dog? Or can you slither your arm like a snake?
*Note: Different ages of children will need different levels of support. Babies will watch you play the game and toddlers may be able to think of animals or movements with little or no help.*

Find More Online
Scan this QR code to find book recommendations, online activity guides, and other fun resources.

Scan this QR code with your phone’s camera to see our Read Aloud of this book!

All resources can be found at: tandembayarea.org
Play some more!

*Materials needed: Just your copy of From Head to Toe!*

*Next time you read From Head to Toe, practice identifying different body parts!*

1. As you read each page, pause and point to the body part they are moving. For example, the camel is bending its knee, so we point to the camel’s knee.

2. Say the body part name and point to it on your body. For example, I say “knee” and point to my knee. If your child is old enough to know the body part, have them point it out!

3. Say the body part again, and point to it on your child. For example, I say “knee” and point to my child’s knee. If your child is old enough to know the body part, have them point it out!

4. Turn the pages and look for the same body part on the other pages/animals. For example, point to the gorilla’s knees, the elephant’s knees, and so on.

5. Repeat the process with a new page in the book and a new body part.