

THEME: Our Bodies

This Programme looks at our 'body' and all the different things it can do!

An introductory activity can be used as the Squirrels arrive at the meeting place – colouring or simple puzzles can keep children occupied until all the Drey arrives or use a 'joining-in' style game, such as 'The farmer wants a wife' or a circle format ball game.

Add snack time where necessary!

TIME (mins)	ACTIVITY	EQUIPMENT
5	Welcome, Register, Opening Ceremony, Introduction to Programme	
10	GAME: Body Bits <ul style="list-style-type: none"> ○ <i>Divide the Drey into small teams at one end of the room</i> ○ <i>Make sure each team knows which colour pieces they are collecting</i> ○ <i>Scatter the body pieces at the other end of the room (either mixed up across the hall or in piles opposite the corresponding team)</i> ○ <i>In turn the Squirrels run to collect the pieces to make up their body – add facial features too, if wished!</i> 	A4 body cut into pieces – a different colour for each team
10	ACTIVITY: Our Bodies This activity can be done individually, in pairs or small groups. The Squirrels lie down on the paper and draw round their shape, these outlines can then be decorated using art materials or collage! The finished life size figures can make an exciting display in the meeting place or something novel for the Squirrels to take home if they have made one each!	Lengths of old wallpaper Art & collage materials Glue & selotape Blutack
10	ACTIVITY: Action Rhymes Get those bodies moving with lots of action rhymes! Use some well known old favourites like, 'Head and shoulders, knees and toes', 'If you're happy and you know it...clap your hands, stamp your feet, etc,' and 'One finger, one thumb, keep moving, One finger, one thumb, keep moving, One finger, one thumb, keep moving, we'll all be merry and bright!' continue adding extra body parts, such as 'one nod of the head', 'one arm, one leg' and so on! Or try out some new ones from 'Ladybird Learning At Home' and Oxford University Press 'First Verses'!	Words
10	ACTIVITY: Obstacle Course Set up a simple obstacle course around the hall for the Squirrels to climb through, over and round. Let your imagination run wild!	Obstacle course items – play tunnels (large cardboard boxes or chairs and blankets), cones, hoops



10	<p>GAME: Stop, Point, Go</p> <ul style="list-style-type: none"> ○ <i>Attach a few pictures of body parts to the walls – eyes, mouth, hands, feet, etc. (optional)</i> ○ <i>The Squirrels run about and when the Leader calls out a body part they stop and point to it on their own body, ‘toe’, ‘head’, ‘nose’, etc. add some they may not know, ‘throat’, ‘shin’, ‘elbow’!</i> ○ <i>These could be alternated with instructions to ‘blink to the eyes’, ‘shout to the mouth’, ‘clap to the hands’ or ‘stamp to the feet’ and so on!</i> ○ <i>The Squirrels can then do these actions on their way to the corresponding picture on the wall!</i> 	<p>Pictures of body parts (optional) Blutack</p>
5	Closing, Home	

About You

This is my head, and this is my nose.
 These are my hands and these are my toes.
 This is my mouth and this is my chin.
 These are my bones all covered in skin.
 These are my eyes and this is my hair.
 These are my feet, I have just one pair.
 These are my legs and this is my knee,
 And now I know every part of me!

Exercises

by Linda Hammond

Bend your body, touch your toes
 Straighten up, and touch your nose.
 Wave your arms, now touch each knee.
 Stamp your feet, and count to three.
 One, two, three!

Finger Play

by Babs Bell Hajdusiewicz

One finger, two fingers, three fingers, four.
 One, two, three, four, what are fingers for?
 Pointing fingers, crossing fingers, grabbing fingers, too,
 Stretching fingers, hugging fingers, what else can they do?
 Bending fingers, hiding fingers, need a thumb who's missed,
 Thumb lays over hiding fingers - Look! I've made a fist!

