

Lesson 12

## Body and shapes 3



### General:

Level:	1 – BEAR CUBS (ages 3-5)
Time:	40 mins - 1 hour
Objectives:	Identify and recognize 8 body parts and 3 shapes.
Structures:	“What is it?”, “Which part of the body is that?”, “Touch your ...”.
New vocab:	Mouth, nose
Review vocab:	head, shoulders, knees, toes, eyes, ears, square, circle, triangle.

### You will need to download:

Flashcards:	head, should, knees, toes, eyes, ears, mouth, nose
Printables:	<ul style="list-style-type: none"> <li>The monster family reader worksheet</li> <li>Body parts match worksheet</li> </ul>
Readers:	<ul style="list-style-type: none"> <li>The monster family reader</li> </ul>
Songs:	<ul style="list-style-type: none"> <li>Hello Song</li> <li>Goodbye Song</li> <li>The numbers song</li> <li>Head, shoulders, knees and toes song</li> </ul>

These can be downloaded at <https://www.eslkidstuff.com/esl-kids-lesson-plans.html>

### You will also need:

- name tags for each student
- a glove puppet
- coloured crayons / pencils
- plastic fruit
- a large cloth bag
- squares, circles and triangles cut out of coloured card (4 each)
- cushions (1 per student)
- CD / Tape player or something to play the song on

### Notes:

Students can identify 8 body parts and learn a new song about the body. They also read a fun story about monsters and their body parts.

## Lesson overview:

### Warm up and maintenance:

1. Greetings
2. Name tags
3. Glove puppet greetings
4. Sing "The Hello Song"
5. Homework check
6. Do "Exercise routine" activity
7. Sing "The numbers song"
8. Do the "What's in the bag?" activity
9. Review 3 shapes
10. Play "Missing shape" and "Shape touch"
11. Play "Shapes rope jump"

### New learning and practice:

1. Review/Teach 8 body parts
2. Practice the body vocab
3. Play "Flashcard exercises"
4. Sing "Head, shoulders, knees and toes" song
5. Play "Teacher says"
6. 5-minute play time
7. Read classroom reader "The monster family"

### Wrap up:

1. Assign homework: "Body parts match"
2. Say goodbye to glove puppet
3. Sing "The Goodbye Song"
4. Do "Quick check" and say goodbye

## Lesson procedure:

### Warm up and maintenance:

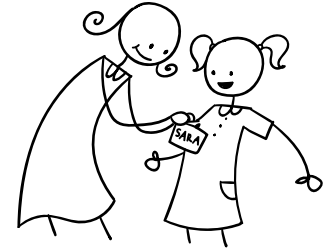
#### 1. Greetings

Greet the students by name as they enter the classroom and gesture for them to sit down (on cushions if you have them) in a fan-shape around you.



#### 2. Name tags

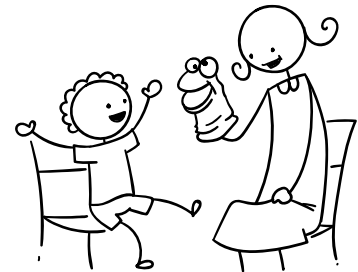
Before class, prepare some name tags (stickers or pin-on tags) with each student's name written in dots or dashes in lower case letters. Sit down with your students and lay out the name tags in front of you. Pick up each tag and encourage the student to recognize his/her name. Do this for everyone.



Finally, have everyone take out a crayon or pencil and trace their name on their tags and stick them on.

#### 3. Glove puppet greetings

Bring out your glove puppet bag and have everyone shout "Hello!" into the bag until he wakes up and jumps out of the bag. Then model chatting with the glove puppet ...



*Puppet: "Hello", What's your name?"*

*Teacher: "My name is..."*

*Puppet: "How are you?"*

*Teacher: "I'm fine, thank you".*

... and then have the puppet say hello to each student and ask them the same questions. Finally, go around saying "Goodbye" and "See you" before going back into the bag to sleep.

#### 4. Sing "The Hello Song"

Sit in a circle and sing the song (clap along or pat knees).

##### Lyrics for "The Hello Song"

Hello, hello,  
How are you today?  
Hello, hello,  
How are you today?

##### Gestures for "The Hello Song"

Sit in a circle and listen to the song (clap along or pat knees).

- Wave as you sing the "Hello, hello" parts.
- Gesture to others as you sing "How are you"

I'm fine, thank you,  
I'm fine, thank you,  
I'm fine, thank you,  
And how about you?

Hello, hello,  
How are you today?  
I'm fine, thank you,  
And how about you?

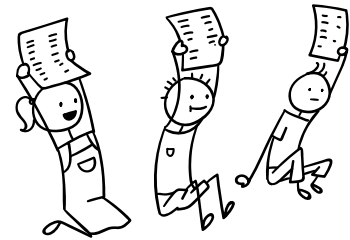
today?"

- Point to yourself as you sing "I'm fine, thank you"
- Hand gesture towards another student as you sing "And how about you?".



## 5. Homework check

Check each student's homework that you set in the last lesson. Ask each student some questions about their homework worksheet (e.g. "What part of the body is this?", "Is this an ear?", etc.), give lots of praise, and then put some kind of mark on the homework sheet (e.g. a sticker, a stamp or draw a smiley face).

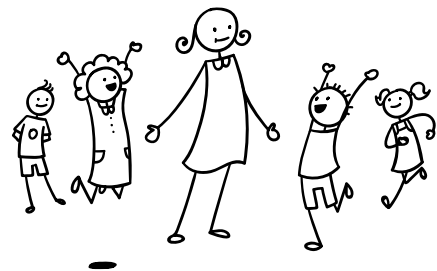


Finally, tell your students to put their homework back into their bags.

## 6. Do "Exercise routine" activity

Say the following and have the students follow your lead:

"Stand up (T stands and so does everyone else)  
"Hands up / hands down" (do 4 or 5 times)  
"Jump" (4 or 5 times)  
"Kick (4 or 5 times)  
"Run! / Stop!" (4 or 5 times)  
"Turn around! / Stop!" (4 or 5 times)  
"Wiggle!" (a few seconds)  
finally "Sit down".



## 7. Sing "The numbers song"

Get everyone to stand up and march along and do the actions. Make sure you do the actions with the kids so that they can follow you and copy what you are doing.

## Lyrics for "The numbers song"

1 – 2 – 3 – 4 – 5 Jump!  
6 – 7 – 8 – 9 – 10 Jump!  
Turn around and clap your hands  
And jump!

1 – 2 – 3 – 4 – 5 Kick!  
6 – 7 – 8 – 9 – 10 Kick!  
Turn around and clap your hands  
And kick!

1 – 2 – 3 – 4 – 5 Wiggle!  
6 – 7 – 8 – 9 – 10 Wiggle!  
Turn around and clap your hands  
And wiggle!

1 – 2 – 3 – 4 – 5 Jump!  
6 – 7 – 8 – 9 – 10 Kick!  
Turn around and clap your hands  
And Jump!  
Kick!  
Wiggle!  
And Jump!

## Gestures for "The numbers song"

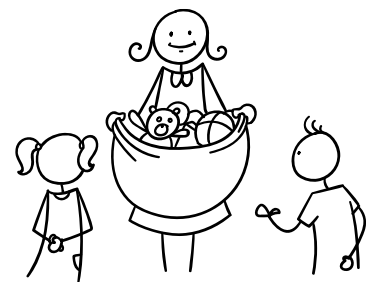
- As the music is in a marching-style, start off with everyone marching enthusiastically on the spot to the rhythm.
- Whilst marching, count off the numbers on your fingers as the numbers are sung.
- Do each action word (e.g. jump, turn around, clap your hands, etc.) at the point they are sung in the song.



## 8. Do the "What's in the bag?" activity

Before class, put in a couple of new objects (e.g. a crayon, a plastic bottle, a sock, a paper cup, a leaf, a ball, a teddy, etc. - anything lying around (and safe!)) and take out the remaining plastic fruit.

Show the bag to your students, shake it to rattle the objects inside, and ask, "What's in the bag?"



Randomly pull out different objects and teach/ elicit the words – in each case, have students hold and pass the objects around. You can even have students pull the objects out of the bag instead of you taking them out – with eyes closed to make it fun!

Finally, place/throw the objects around the classroom and have each student retrieve an object as you call out its name and put it back in the bag.

## 9. Teach/Review 3 shapes

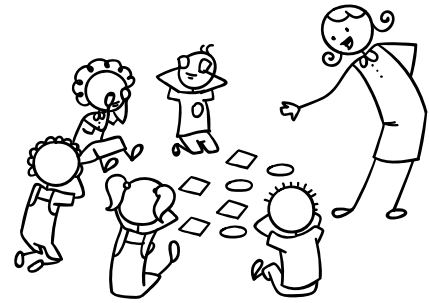
Use the shape cut-outs from your previous class (4 squares, 4 circles and 4 triangles on some coloured card).



Start off by showing the square and eliciting / chorsing "square". Hand the square to a student who says "square" and passes it on to another, each student saying "square" as they pass it around. Then do for the remaining two shapes. You can also elicit colours and sizes (e.g. a "big, yellow, square", "a small, blue circle", etc.).

## 10. Play "Missing shape" and "Shape touch"

Put all the square, circle and triangle shapes on the floor and gather everyone around. Tell everyone to close their eyes. Take away one shape and say, "Open your eyes". Everyone must guess which shape is missing.



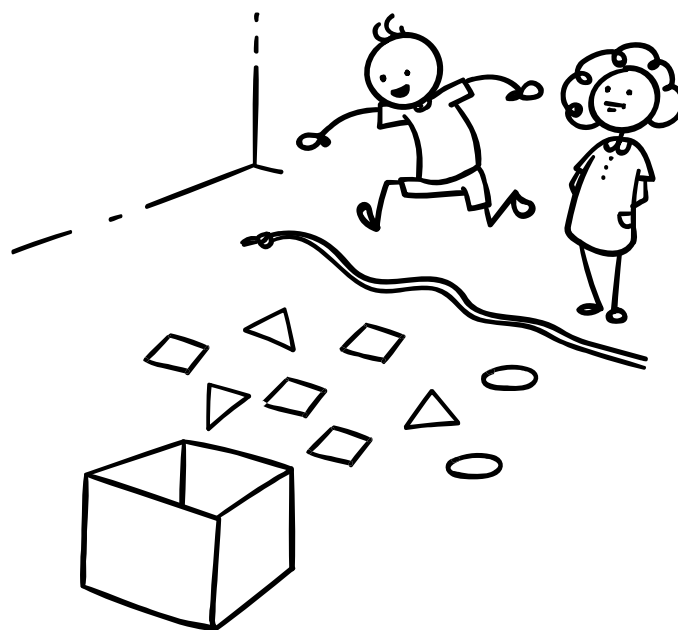
With the shapes still on the floor, say "Hands up in the air" – once all hands are up say, "Touch a (green) circle" – and have everyone quickly touch (not slam!) a green circle. Do this for all of the shapes.

## 11. Play "Shapes rope jump"

Take a length of rope and lay it across the floor at one end of the classroom. On one side place all the shape cut-outs and a box. Have your students line up on the other side of the rope. Model: "(Your name), put the (green triangle) in the box". Run up to the rope, jump over the rope (say "Jump!") select the correct shape and put it in the box. Now instruct each student to do the activity.

### Extra activity:

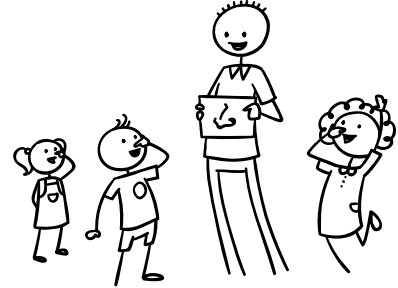
If your students are old enough to be able to do, they can also limbo under the rope! Have a student help you hold the rope up and have everyone limbo under the rope to put the shapes in the box.



## New learning and practice:

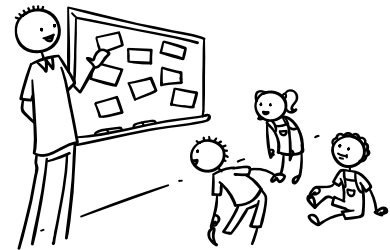
### 1. Review/Teach 8 body parts

This lesson we'll learn 2 more body parts. Before class, prepare flashcards for head, shoulders, knees and toes, eyes, ears, mouth, nose. Slowly reveal each flashcard card so students can guess what the picture is. Then, have your students touch their part of the body (so, when you show the "head" picture get everyone to touch their heads). Chorus each word 3x and ask your students to individually say each word.



### 2. Practice the body vocab

Lay the 8 flashcards that you have just used in front of you, facing your students (or lined up on the board). Randomly touch each card and have your students touch that part of their body and say the word. Do a final, faster round.



### 3. Play "Flashcard exercises"

Get everyone sitting on the floor and facing the front of the class. Give out body flashcards so that each student has at least one card (even better is for each student to have two cards). Shout out a random flashcard word (e.g. "ears") with an action (e.g. "ears - hands up!"). All students with the ears flashcards have to do that action. Continue with other words and different actions (e.g. jump up and down, run on the spot, turn around, stand up / sit down, wiggle, touch your toes, etc.).



### 4. Sing the "Head, shoulders, knees & toes" song

Everyone stand up. As the song plays everyone sings and does all the actions, touching each part of the body with two hands in time with the song. It's easy and fun - your students will love doing this! Each verse gets faster so by the last verse it will be frantic but great fun.

#### Lyrics for "Head, shoulders, knees & toes"

*(Each verse gets faster and faster)*

#### Verse 1:

Head, shoulders, knees and toes,  
Head, shoulders, knees and toes,  
Eyes and ears and mouth and nose,  
Head, shoulders, knees and toes.

#### Gestures for "Head, shoulders, knees & toes"

Doing the gestures with this song is a must! They are very simple and the kids will pick them up really quickly as they follow you.

Everyone needs to stand up. Simply touch the parts of your body with both hands in time with the song. The song starts off slowly with each verse getting progressively faster, making the

**Verse 2:**

Head, shoulders, knees and toes,  
Head, shoulders, knees and toes,  
Eyes and ears and mouth and nose,  
Head, shoulders, knees and toes.

**Verse 3:**

Head, shoulders, knees and toes,  
Head, shoulders, knees and toes,  
Eyes and ears and mouth and nose,  
Head, shoulders, knees and toes.

gestures more frantic and therefore more fun!

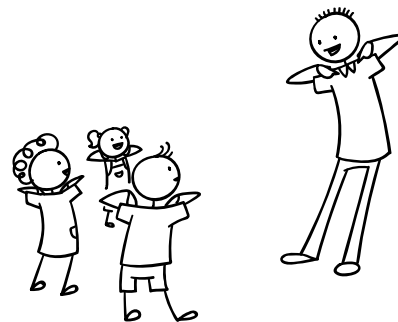


**5. Play "Teacher says"**

This is the game "Simon says" but using the word "teacher" instead. Go straight into the game (no explanations necessary) by saying "Teacher says touch your (knees)". Do the action and make sure everyone else follows along. Do a few more.

Then at some point give a command without the "Teacher says" part (e.g. "Touch your toes"). Everyone will touch their toes, so make it very clear that they shouldn't do this when you don't say "Teacher says".

After a while your students will get the hang of it. Play the game faster and faster. When a student makes a mistake, they have to sit the rest of the game out. The last student standing is the winner.



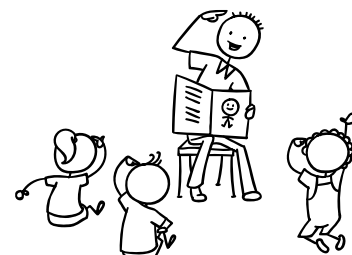
**6. 5-minute play time**

This is an optional segment that can be part of all your lessons at this level. Allow your students to play with any games or toys you have. If possible, use large tubs or boxes to hold the toys and bring them out for a few minutes each lesson. Tubs filled with animals, plastic fruit, building blocks, kitchen sets, plastic food, cars & vehicles, Mr. Potato Head dolls and so on.

Encourage your students to ask you for the toy they want to play with, circulate during the play time and ask students about their toys. It's also a good opportunity for a quick rest room break!

**7. Read classroom reader "The monster family"**

Before class, download and print off the reader "The monster family" from our website. As you go through each page, point to the pictures, elicit each key body word, and have your students touch their part of the body as shown in the picture, for





example:

*Teacher: What's this? (pointing at head)*

*Students: Head!*

*Teacher: Yes, a big head! Everyone, touch your head (touching head).*

*Students: (Touching heads) Head!*

*Teacher: What colour is his head?*

*Students: Purple!*

*Teacher: Right! (Reading) Hello. My name is Little Monster. I have a big head.  
etc.*

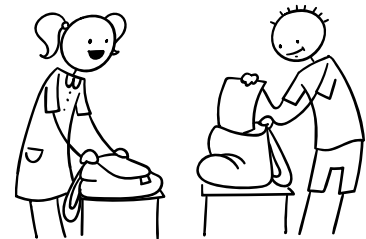
Get the students really involved in the story by asking lots of questions (e.g. eliciting colours) and getting them to touch and say the parts of the body in the story.

After reading the story, give out a reader worksheet to each student and have everyone match the monsters to the parts of their bodies. Then go through the answers as a class.

## Wrap up:

### 1. Assign homework: "Body parts match"

Hold up the homework worksheet and model drawing lines to match up the body part pictures. Even very little ones can do this – their drawings may not look anything like the body parts, but they will know what they are! Give out the worksheets and say, "Put your homework in your bags" and help them to do so - this is important as they will probably want to start colouring them right away.



### 2. Say goodbye to glove puppet

Take out the bag again and get everyone to wake up the glove puppet by shouting its name into the bag (e.g. "Cookie Monster!"). Bring out the puppet and go through the same routine - go to each student and say hello, ask their name and the say goodbye / see you.



Then put the puppet back in the bag (back to sleep).

### 3. Sing "The Goodbye Song"

Sit together in a circle and sing and clap along.

## Lyrics for "The Goodbye Song"

Goodbye, goodbye,  
See you again.  
Goodbye, goodbye,  
See you again.

It's time to go,  
It's time to go,  
It's time to go,  
See you next time.

Goodbye, goodbye,  
See you again.  
It's time to go,  
See you next time.



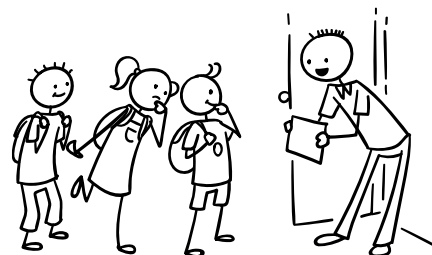
## Gestures for "The Goodbye Song"

Have everyone do the gestures with you.

- Wave as you sing the "Goodbye, goodbye" parts.
- Hold your hand above your eyes (as you would when you are looking into the distance and keeping the sun out of your eyes) and look at another student as you sing "See you again".
- Tap watch (or imaginary watch) and then point to the door as you sing "It's time to go".
- Point towards another student as you sing "See you next time".

## 4. Do "Quick check" and say goodbye

Time to leave the class. Make sure everything is put away and the students have gathered their belongings. Have them line up at the door and place yourself between the door and the students. For each student hold up either a body part flashcard or the reader worksheet from today's lesson and ask them to say what a couple of body parts are. When they say the words correctly say goodbye and let them leave. If they make a mistake, have them go back to the end of the line - they will have to try again once they reach the front!



- All flashcards, worksheets, craft sheets, readers and songs used in this lesson plan can be downloaded at [eslkidstuff.com/esl-kids-lesson-plans.html](http://eslkidstuff.com/esl-kids-lesson-plans.html)
- More free Lesson Plans are available at [eslkidstuff.com/esl-kids-lesson-plans.html](http://eslkidstuff.com/esl-kids-lesson-plans.html)

Can you suggest any additions to this lesson plan? If you know of any great games, activities, teaching points, links to other sites or any other ideas that can be added to this lesson plan, please email us: <https://www.eslkidstuff.com/contact.htm>

Please report any mistakes at <https://www.eslkidstuff.com/contact.htm>

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