



## Social and Emotional Development Activity for Birth to 6 Months

### Body Awareness

*Babies discover different body parts and become very interested in their feet and hands.*

Materials:

- None

What to do:

1. Say the following rhyme. Each time you say the word, "fingers," wiggle your baby's fingers. Each time you say the word "toes," wiggle the baby's toes.

*Fingers and toes, fingers and toes.*

*Here are your fingers,*

*And here are your toes.*

*Wiggle your fingers,*

*Wiggle your toes.*

*Here are your fingers,*

*And here are your toes.*

*Wave with your fingers,*

*Wave with your toes.*

*Here are your fingers,*

*And here are your toes.*

Variation:

- Hold the baby in your lap and say the following:

*Where is your toe?*

*Here it is! (Touch her toe and kiss it)*

*I love your toe*

*Very much.*

*Where's your nose?*

*Here it is! (Touch her nose and kiss it)*

*I love your nose.....very much!*

