

Better Bodies and Brains Let's Get Moving CD

Dr. Jean

Head, Muscles, Baby 1-2-3

Head, (Touch head.)

Deltoids, (Touch top of shoulders.)

Baby (Clap hands.)

1 (Tap right hand with partner.)

2 (Clap hands.)

3 (Tap left hand with partner's left.)

Head, deltoids, baby, 1 – 2 – 3.

Head, deltoids, head, deltoids, head, deltoids, baby, 1 – 2 – 3.

Deltoids – pecs (Touch shoulders and chest.)

Pecs – abs (Touch chest and stomach.)

Abs – biceps (Touch stomach. Cross arms and touch inner arms.)

Biceps – triceps (Touch inner arms and then outer arms.)

Triceps – quads (Touch backs of arms and thighs.)

Quads – glutes (Touch thighs and bottom.)

Baby, please sit down. (Sit down.)

Activities: What are muscles used for? What would happen if you didn't have muscles? What muscles do you use to walk? Carry your book bag?

Brainstorm what you can do to build strong muscles.

Use other body parts or bones in this song.

Explain that "pecs" is short for pectoral muscles and "abs" is short for abdominal muscles. What are "quads" and "glutes" short for?

Building Better Bodies and Brains

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Trace children's bodies on butcher paper and let them add bones, muscles, organs, etc.

Teach children the bones in the body with this song to the tune of "Macarena."

Tarsal, (Point to foot.)

Tibia, (Point to larger bone below knee.)

Fibula, (Point to side bone below knee.)

Patella. (Point to knee cap.)

Femur, (Point to bone above knee.)

Pelvis, (Point to hip bones.)

Ribs, (Point to ribs.)

Sternum. (Point to where ribs join in center of chest.)

Carpal, (Point to hand.)

Ulna, (Point to inside bone above thumb.)

Radius, (Point to outside bone below elbow.)

Humerus. (Point to bone above elbow.)

Hey, kiss my cranium! (Point to skull.)