

# Bodies Inside and Out

Play-based learning is a developmentally appropriate best-practice for early literacy learning. Through **Bodies Inside and Out**, children get to know themselves by learning about the human bodies. From movement to how the body works, this guide shares an array of ways for children to have fun learning about their bodies while enhancing their literacy skills. Follow these suggestions to create body-themed centers in your early childhood classroom.

## DOCTOR'S OFFICE DRAMATIC PLAY CENTER

Dramatic play inspires imagination, develops speaking and listening skills, fosters social skills such as sharing and turn taking, and supports children to acquire new vocabulary. A dramatic play center should include a theme, props, and adult guidance to enhance language development. Also include environmental print such as signs, labels, and authentic writing opportunities.



### SUGGESTED PROPS

- Doctor and nurse coats
- Examining tools (stethoscope, thermometer, bandages, etc.)
- Baby dolls

### RIF PRINTABLES

- Get Well Center banner
- Double-sided checklist
- X-Ray images
- Eye chart
- Feelings chart
- Hours of operation sign
- Diploma



**ADULT GUIDANCE:** Use these suggested leveled questions and narrations to support children's play.

- **Level 1:** "Point to the X-ray machine."
- **Level 2:** "How many patients have you seen today?"
- **Level 3:** "Why is the patient in the doctor's office today?"
- **Level 4:** "If your patient doesn't take their medicine, what is going to happen to them?"
- "Those baby dolls are sick and you are taking their temperature to see if they have a fever."
- "You are writing squiggly, curly lines on your doctor's clipboard."

## WRITING CENTER

Young children benefit from exposure to different styles and purposes for writing. At your writing center include different types of paper and writing materials, a sound-spelling chart, and picture vocabulary cards. Help children see that writing has different purposes by providing examples of different types of writing such as friendly letters, storybooks, party invitations, and more.



### RIF PRINTABLES

- Sound-Spelling Chart
- Picture Vocabulary Cards
- Bodies border sheet (with and without lines)
- Hand alphabet tracing
- Get Well Soon card (BW and color)



Whether you are sick or injured, it's always nice to receive a card to cheer you up! Write a Get Well Soon card. As a class, talk about some things that you could write to someone to help them feel better. Have students practice writing their card using [RIF's Sound-Spelling Chart](#) and [Picture Vocabulary Cards](#).

## NURSERY RHYME CENTER

Singing nursery rhymes help children develop phonological awareness which is important for developing phonics. Set up a center for children to sing their favorite nursery rhymes. Include the nursery rhyme, hand-made or printed displays, and puppets or props related to the nursery rhyme.

### RIF PRINTABLES

- "Head, Shoulders, Knees, and Toes" nursery rhyme
- Vocabulary matching game

