

### Action words

**Directions:**

- Stand on your toes with your arms stretched high.
- Ask your child if they can try this. If they can't do it on their own, try helping them.
- Lay on your back, feet in the air and say "feet up."
- You can try objects as well. For example, "Ball, this is a big ball. Let's try rolling it on the floor."

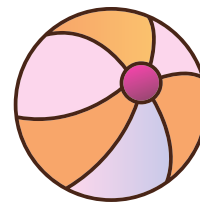
**Materials:**

Body, book, toy  
etc.

**Questions to extend learning:**

- Can you stand on your toes?
- Or show me where your toes are?
- Can you wave your hand like this?

Think of questions for what you and your child are doing.



---

**Why is this activity important?**

This activity helps children learn new words (language development), it also helps children to make connections to things. Acting them out helps children understand their meanings.