

BODY PART NUMBER TAP

What to do:

1. Parents should name and tap body parts and ask children to repeat or point to the same body parts.
2. Parents can point/tap and name body parts while counting to the chosen number. Ask your child to repeat after you or count and tap with you.
 - Example: Touch your nose five times as you model tapping your nose and count to five.
3. Parents and children repeat the action and touch a different body part and change the number of times you tap/point and count. Tap and count – elbow six times, knee eight times, neck three times, head four times, etc.
4. Extend the activity by showing numbers as you count and tap body parts.

Materials:

- Your bodies
- Your hands



Why is this activity important?

Teaching children math by counting helps them to understand the meaning of numbers. Counting is the key idea of which all other math concepts are based. Early introduction to math will help children learn to problem solve, measure and develop their own special awareness to use and understand math concepts.