



ARRIBA ABAJO LEARNING GUIDE



TICKLES

This song gives young children the opportunity to name and label different body parts in a fun and engaging way. In addition, children practice how to use initial sounds to read parts of their body and find names that rhyme with each body part. Acting out the song is a great way to introduce new vocabulary for English language learners in a meaningful way.

CONCEPTOS

- body parts
- gross and fine motor skills
- initial sounds
- ending sounds
- rhyming



SEE THE
VIDEO



STREAM OR
DOWNLOAD
THE SONG

LET'S TICKLE

Listen to the song "Tickles" several times with the children so they become familiar with it. Sing the song again together, encouraging children to do the motions pretending they are tickling each body part as the song mentions it.

"Tickles with my friend Kelly
Tickles, tickles on my belly"

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ADAPT

This is an excellent opportunity to learn new vocabulary. Introducing new words as part of these activities will make them highly relevant and memorable for your child.

Choose words that are a good match for your child's language development, considering his age and whether or not he is an English language learner. Here are a few ideas:

neck	elbow	calf
fingernail	wrist	ribs
forehead	cheek	heart
tooth/teeth	ankle	brain
eyebrow	waist	lung

LABEL MY BODY!

Place a big piece of paper on the floor (long enough to trace a human body). Ask a child to lay flat on the big paper without letting his arms and feet touch his body. Fingers should also be spread out to facilitate tracing. Use a marker to trace around your child or assign children partners to trace each other's bodies. If you are doing this activity with a many children have the papers already cut in advance.

After tracing, each child cuts around his or her own traced body and adds details to make a face. For example, use yarn for hair, and draw or glue on shapes for eyes, a mouth, and so on. Also let each child design his or her own clothing. You could use old fabric or markers or paint or to draw clothing items on the body.

Sing the song again with children "tickling" their paper bodies.

Pass out labels with body part words and give children a highlighter or a yellow marker or crayon. One label at a time, ask

them to highlight the first letter of each word, and then to make the initial sound of the word, to help them read each word successfully, like this:

Belly Child says: "/bbb/"

Ask the children: "What body part starts with /bbb/?" This prompting encourages children to use this skill independently without relying on a parent or teacher for the answer.

As each child successfully reads the body part label, they glue it on or next to the correct body part. Repeat with the remaining labels.

RHYMING WITH YOUR NAME

Make a list of the friends' and family members' names, or the names of children in the class and find body parts that rhyme with each name.

Oliver - shoulder
Alexander - finger
Claire - hair

If someone's first name does not rhyme with a body part, try using last names or nicknames, too.

ADAPT

For younger children, use initial sounds only or ending sounds only, instead of rhyming words.

Initial Sounds

Sophia - stomach
Maria - mouth

Ending Sounds

Aaron - shin
Britt - foot

Sing the song again using the names of your friends and family members, and the body parts you found that rhyme with those names.

BOOKS YOU MIGHT ENJOY

From Head to Toe/ De la cabeza a los pies

Eric Carle

Simple text and colorful illustrations invite children to mimic the ways animals move various parts of their bodies.

CREDITS

This Learning Guide was developed in collaboration with master teacher Heidimarie Freund-West and singer-songwriter and teaching artist 123 Andrés. To see all of the Learning Guides and for more information about the guides, their authors and how to use them, please visit www.123andres.com/learning. Special thanks to the following families for their help in developing the guides: Louis and Carlos' family, the Montoya Cabrera family, Maria Kammaraad and her family, Brooke Belville and her family, the Kopacko family, the Carollo family, the Eschelbach family, and the Diaz Evans family. Art and layout by Alcides Urrutia.