



Watch Me!

Have your child look in the mirror and copy the actions pictured. **Talk** to them about the action word after performing the action. **Talk** to your child about other actions our bodies perform. Have them look in the mirror and use their body to mimic other actions. **Talking** about their bodies and how they move helps them understand themselves, while working on motor skills and coordination. Learning new vocabulary helps prepare children to understand what they read.

This **Learning Spot** features the **TALK** Early Literacy Practice.

See Me Move!

Encourage your child to move around the room describing how their body parts work. **Talk** about the importance of each body part and what role it plays in our everyday lives and have your child act it out.

For example:

Legs—They help us jump. –Perform the action of jumping