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.

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