

# HOW WE'RE MADE

Montessori My first human body game



The contents of this game help children to recognize parts of the body, build a body map and represent the body at ease and in motion. Looking at the pictures and playing with the cut-out shapes, children also become aware of their own bodies which, from birth, have been a means of learning about themselves in the world. With the guidance of a parent (or educator) the contents of the box can be used to organise both teaching activities and also “movement” and psychomotor games in dedicated spaces or in the open air, developing their autonomy and emotional confidence.



# Learning about the human body

Use the materials provided, i.e. the cards and self-correcting cut-out shapes to present parts of the body, posture, actions, the senses, and the growth stages as a game in a guided teaching activity. The Montessori method and three stages of learning are the framework for conveying the concepts and names that you gradually reveal to the children. In the first stage of the three-stage lesson, show the children a card, for example, "Parts of the Body", with the constituent elements already correctly positioned. Point to them and say the name of the body part out loud.

For example: "This is the girl's head!", "This is the boy's arm!", "This is the boy's foot!" Show them the second card ("front and back") and continue to name the other body parts.

Move onto the second stage of the Montessori lesson and ask the children to point to the relevant parts of the body: "Which is the girl's head?", "Where is the arm?", "Where is the boy's foot?".

Invite the children to respond by pointing to the body parts.

In the final stage, ask the children to reassemble the cards by themselves using an approach that is typical of the third stage in the Montessori method. One at a time, show them the cut-out shapes to be inserted into the matching spaces, accompanying the task with the question:

"What part of the body is this?" "Where is it?"

This will prompt them to remember the name of the body part and require them to say it out loud then complete the task by positioning the cut-out in the right place in the card.

Show them all the cards (posture, actions, senses, emotions, growing up), maintaining the three-stage method at all times: first present the individual concepts, have the children point to them in response to a prompt then help them to memorise the names by asking them to remember what each one is called and correctly position the matching cut-out pieces.



## Human Body Tombola

The activity can be wrapped up with a tombola game in which each player is given a card.

Place all the cut-outs in a bag and pull one out at a time, asking: "What's this?" "What's this called?" "Where is it?"

The children reply to the questions and, if they have the matching card, they take the cut-out shape and place it in the right space on the card.

The first person to complete their card wins.



## Human body game

To help children become more aware of their bodies, you can organise a simple movement game to be played in an appropriate space or outside. The proposed activity is similar to the famous "Gioca Jouer" (superman) novelty song originally written by Claudio Cecchetto. Use the cards and cut-out shapes to prompt children to recognize on their own bodies the individual body parts or elements depicted, or alternatively, to make the same positions, or mime an action or growth stage. Depending on the children's age and ability, you can choose whether to use all or only some of the cards.

Lay the cards for the body parts and five senses out on the table, but without the cut-out pieces. Show the children a cut-out piece at a time, say the name of the body part or sense out loud and place it in the right position on the associated card.

Standing in front of you in a line, the children should touch the part of the body or sense named, either as you say it or following your lead. The game gets even more fun when using the "Positions", "Actions", "Emotions," and "Growth" cards because the children are asked to mimic the postures shown on the cards or mime the expressions, actions, growth stages with their own bodies or faces.

# Draw the body parts

Using the whiteboard and erasable pen, ask the children to draw their body or the body of a child, pointing out the names of each part that they have already learned. As before, use the body part cards as a prompt to begin with and encourage them to draw the body of a boy or a girl.

The more aware they are of their own bodies, the more familiar they will be with the overall body map and the better and more complete their drawings will be.

The drawings can also be used as an interim evaluation of their learning during the suggested teaching process..

