FROM HEAD TO TOE

**Purpose:** Students will listen, follow directions and predict.

**Suggested Grade Level:** PK - 1

**Language Arts SOL:** Reading K.1, K.5, K.8, 1.1, 1.5

**Equipment/Materials Needed:** The book, From Head to Toe, by Eric Carle

**Directions:**
1. Show students the book and ask them to raise their hand if they’ve seen this book before. Ask them if they’ve ever read The Hungry Caterpillar, Brown Bear, Brown Bear What Do You See, or The Grouchy Ladybug, etc. Discuss how Eric Carle wrote all of those books, and he often illustrates or draws the pictures too.
2. Have students spread out in the classroom; there should be enough room between each student so that they won’t be bumping into each other. They are far enough apart if they can stretch out their arms without touching anybody.
3. Explain that you will read the story and they need to listen carefully to what’s happening in the story because, as you read, you want them to move like the animal in the story is moving in that part of the story. Read a page or two of the story and demonstrate what you want them to do.
4. Tell them that that after you start reading, they also have to listen for the “freeze” signal. When you say “freeze” they must all stop moving.
5. Begin reading the book while showing the pictures to the class and having them act out the animal movements in the story.
6. Call “freeze” before you read the “I can do” part of the story.
7. Read this part of the story while they listen without moving. After reading 3 or 4 pages, when you come to the “I can do” phrase, have the students predict what the child in the story will say

**Teaching Suggestions:** Before you start reading, show them how you want them to do the donkey kicks; they should kick forward so that no one gets hurt.

**Modifications/Variations:** After the activity above, encourage students’ creativity by having them suggest ideas for other animals that could have been in the story, and then have them demonstrate how those animals move.

This lesson was developed by the School Health Initiative Program (SHIP) for the Williamsburg James City County Public Schools (WJCCPS), Williamsburg, VA. SHIP is funded by the Williamsburg Community Health Foundation (WCHF). Parts or all of this lesson can be used and reproduced without permission provided that SHIP, WJCCPS and WCHF are credited.