Social and Emotional Development
Activity for Birth to 6 Months

Body Awareness
*Babies discover different body parts and become very interested in their feet and hands.*

Materials:
- None

What to do:
1. Say the following rhyme. Each time you say the word, “fingers,” wiggle your baby’s fingers. Each time you say the word “toes,” wiggle the baby’s toes.

   *Fingers and toes, fingers and toes.*
   *Here are your fingers,*
   *And here are your toes.*
   *Wiggle your fingers,*
   *Wiggle your toes.*
   *Here are your fingers,*
   *And here are your toes.*
   *Wave with your fingers,*
   *Wave with your toes.*
   *Here are your fingers,*
   *And here are your toes.*

Variation:
- Hold the baby in your lap and say the following:

   *Where is your toe?*
   *Here it is!* (Touch her toe and kiss it)
   *I love your toe*
   *Very much.*
   *Where’s your nose?*
   *Here it is!* (Touch her nose and kiss it)
   *I love your nose.....very much!*