



Hello, from Yankalilla Library Sprouts-Welcome! During the school year we provide a literacy, maths and science program for Pre-schoolers. Home Sprouts is an opportunity for families to enjoy Sprouts at home around a theme with story suggestions, song and activity ideas.

My Body

Story suggestions to view on [Story box](#) and/or available to place on hold through the [oncard](#) network with your Yankalilla library card and PIN.

- My First Body Book Head to Toes by Zita Newcome
- 10 Yoga Frogs by Hilary Robinson

Songs to sing

- Heads and Shoulders
- Rock a bye your bear
- Round the garden
- It's so nice to have a cuddle



Activities

1. Trace around your family's hands and feet.
Colour and cut out.
Compare the size of your hands and feet.
2. Play the body part game.
Where is your.....? Start with common body parts like head, hand, leg.
Then introduce new parts like elbow, wrist and ankle.
3. Try different yoga poses
 - tree
 - boat
 - cat
 - cow
 - chair