

# LEFT AND RIGHT

## Lesson

Knowing the difference between your left and your right is crucial in many situations. Knowing this distinction helps with driving directions, searching for something in the cupboard, bird watching, etc. Teach your child their left from their right begin by pointing them out from infancy. Tell them that you are putting their left hand through their shirt; tell them you are putting on their right shoe, etc. As they begin to grow and learn how to speak continue to do that and begin asking them which side of the street the dog is on or which shoe they want to put on first. Sometimes children have difficulty learning their left from their right so be patient and persevere.



## Music Time— Hokev Pokev

You put your right foot in, you put your right foot out, you put your right foot in, and you shake it all about. You do the Hokey Pokey and you turn yourself around, that's what it's all about.

Repeat the song and put these other body parts in the center: left foot, right hand, left hand, right shoulder, left shoulder, right hip, left hip, and whole self. You are not only reinforcing left and right, but this is a great opportunity to introduce or review body parts.

## Arts & Crafts

Materials: Construction paper, markers, your hands.

On a piece of construction paper, help your child trace his/her left hand on a piece of paper followed by tracing their right hand on another piece of paper. Now it is your turn to do the same. After you have the four hands traced, match up your left hand with your child's left hand and do the same with the right. Highlight the fact that your index finger and thumb make a capital L when your left hand is flexed.

## Snack Time

Enjoy a handful of animal crackers and a yogurt topped with fresh fruit.



## Outing

Go for a walk around the neighborhood with your child and tell your child to look at the big tree on the left, the brown dog on the right, the pink flowers on the left, and so on and so forth.

You can also do this activity in your house. If you desire, place some items in places where they do not belong and then begin to point them out to your child.

## Reading Time

- Righty and Lefty: A Tale of Two Feet, by Rachel Vail
- Where's Spot?, by Eric Hill
- Left Hand, Right Hand: A Hands-on Book about Left and Right- by Janet Allison Brown

