

LEARNING TIME

Once Upon My Legs

By Mike Dumbleton and Sarah Boese

A gentle, rhyming story that follows four babies as they explore their world around them. There are many fun adventures to be had in this sweet tale of growing independence.

Key Message for Parents | Good nutrition, health and exercise are critical

Healthy eating is essential for your child's good health, growth and development, not just now but for their future.

- Good nutrition, health and exercise are necessary for a baby's brain to function
- Research shows that exercise helps to help produce new brain cells
- Babies exercise when they are provided with opportunities and support to play and explore
- Books can promote messages that reinforce activity and exercise.



Australian Early Years Learning Framework | Outcome 3: Children have a strong sense of wellbeing

Families and educators can work together to adopt a positive attitude to their child's health and wellbeing.

- Children are active participants in developing increasing responsibility for their own health and physical well-being
- Planning for physical activity and body awareness helps children to develop movement skills and balance.
- Children develop when they feel confident to seek out new challenges and explore their physical capabilities.

Welcome

Ask carers to write nametags for themselves and their children.

Welcome everyone, introduce yourself, remind adults to turn their mobile phones off and that there will be time for adults to chat after the story and songs.

Welcome Song (or your preferred song)

Have the words available as a handout or written on a board or butcher's paper for the adults to read and join in.

Good Morning

Good morning to you

Good morning to you

Good morning everybody

and welcome to you!



Welcome song - Come Along

Come along and sing with me, sing with me

Come along and sing with me, It's time for story time

Repeat and replace 'sing' with bounce, rock, clap etc.

Come along and bounce with me, bounce with me, bounce with me

Come along and bounce with me, it's time for story time

Song – Hello Hello by Nancy Kopman

Hello, Hello, Hello, what do you know?

Do you know where your head is?

Do you know where your shoulders are?

Do you know where your hands are?

Do you know where your knees are?

Do you know where your toes are?

<https://www.youtube.com/watch?v=zT-wJka29S0>

(Available on iTunes and Spotify)

Encourage parents to sing facing their baby so that baby can watch their mouth move as they sing and talk – this helps babies learn to speak themselves.

Welcome everyone! – You are going to love today's story, it is called Once Upon My Legs

Before Reading

Encourage carers to sit facing their child side on to the story so they can engage in eye contact with their little one and direct their attention to the story as well. Make sure the area is comfortable. Some adults may prefer to hold their child on their lap and face forwards.

Read the title of the book and ask the question, *Where are you legs?* Encourage carers to gently touch their child's legs and help the children to wiggle their legs if appropriate.

Point out the legs of the children in the illustration on the cover. Pointing at the picture as you go, count the children and then count their legs. You can say, *Now let's count your legs* and encourage

carers to gently touch and count their child's legs. Older toddlers or children may also like to join in saying the words.

During Reading

As you read the story pause and give opportunity for the babies to copy some of the actions in the story (where appropriate) with support from their carers. *Can you wiggle your legs? Can you slither on your tummy? Can you crawl? Stand on your legs?* You may prefer the group doesn't join in with actions but participates by responding to your questions with a nod or a verbal yes/no. Throughout the reading, draw attention to aspects of the illustrations. *I can see a cat in the picture. Can you? There's a big flower. Can you see the elephant?*

After Reading

Look at the four friends playing together at the end of the story! Thank you to all our friends for joining with us today. Let's sing a song about reading and playing together.

Extension Activities:

Encourage parents/carers to take their child/ren to a park and let them crawl, run and climb!

As the presenter of Story Time, or as a parent/carer, show children the story using a doll. Support each child to join in with the story and help the doll to carry out some of the actions in the story.

Create an obstacle course for the child/ren (or the doll) and support children to try new physical challenges, as they are ready. A few cushions on the floor, a chair, a rug and even a table can all make a simple course. Participate with each child. For example: slide under a table, roll over the rug, cushions on the floor could be stepping-stones etc. This activity could be recreated outside too. For young babies who are not yet mobile, providing a range of sensory toys such as scarves, shaker eggs and rattles are great alternatives.

Praise each child when you notice them attempting a new physical challenge. Let them know you are proud when they try new things and also when they achieve new things. It doesn't matter how young they are, the positive face-to-face interaction and encouragement is essential to their development.

Heads, Shoulders, Knees and Toes Song.

Heads, Shoulders, Knees and Toes song in Kaurua.

<https://www.youtube.com/watch?v=-oewPAYbdPY&list=PLFkCRgxSJVGjt1Zwra9cxp-tC4SODjQGP&index=16&t=0s>



Song: The More We Get Together

*The more we get together
Together, together
The more we get together
The happier we'll be
'Cause your friends are my friends
And my friends are your friends
The more we get together
The happier we'll be!*

Goodbye

Conclude the session with some suggestions of books that parents might want to share with their children. The Little Big Book Club suggests the following books to support learning in this area. If your library has copies, make them available for families to borrow or include them in your story time session.

For some more stories to share, we recommend the following titles:

- **Baby Dance** by *Katrina Germein*
- **Row Row Row Your Boat** by *Matt Shanks*
- **Baby Gets Dressed** by *Katrina Germein*
- **Rudie Nudie** by *Emma Quay*

Goodbye Song

Depending on the size of your group, you may wish to insert each child's name in the place of 'you' as it develops a more personal relationship between yourself, the child and the family.

Sung to the tune of (*Here We Go Round the Mulberry Bush*) or your choice.

Goodbye

This is the way we say goodbye (wave) say goodbye, say goodbye

This is the way we say goodbye to all our library friends (or) (to our friend.....)!

