

Old MacDonald



Age Birth+

Materials None

Setting On a soft blanket on the floor

Description This game uses the familiar song “Old MacDonald Had a Farm” – with a twist. Instead of “Old MacDonald” insert the baby’s name, and instead of “had a farm” insert “has a body.” For example, “Baby Maria has a body, E-I-E-I-O. And on her body she has a foot, E-I-E-I-O. With a stomp-stomp here, and a stomp-stomp there. Here a stomp, there a stomp, everywhere a stomp-stomp. Baby Maria has a body, E-I-E-I-O.” When you sing “foot” and “stomp,” hold the baby’s foot and gently make a stomping motion with it. Continue the song by adding more body parts and motions. Get creative with bending legs, stretching arms and clapping hands.

Learning Outcomes

Large Motor Skills Child begins to gain voluntary control of various body parts and of the entire body as a whole unit.

Social Emotional Development Child displays pleasure interacting with familiar adults, engaging in social games through playful back and forth interactions.

Did You Know? In order for humans to carry out everyday activities, it is important to have a sense of our body, its various parts and its dimensions. One aspect of body awareness is the identification of body parts. The rate at which an individual child learns the names and location of body parts largely is due to the amount of time parents or other adults spend practicing with the child.

Movement Milestone Children typically develop an understanding that the body has two distinct sides at approximately 4 to 5 years of age.

INFANTS