

FLEYDO ENGLISH SCHOOL

KIDS (6-10) | PRE-A1 | VOCABULARY | 30 MIN | FREE

My Body

Learn the names of body parts and describe yourself in English!

WHAT YOU WILL LEARN

- ✓ Name **15+ body parts** in English
- ✓ Use **"This is my..."** (singular) and **"These are my..."** (plural)
- ✓ Follow and give action commands: **"Touch your nose!"**
- ✓ Count body parts: **"I have two eyes, one nose, ten fingers."**

Part 1: Parts of the Head

Let's start from the top — your **head**! Point to each part as you learn it:

HEAD	EYES	EARS	NOSE
× 1	× 2	× 2	× 1
MOUTH	TONGUE	TEETH	HAIR
× 1	× 1	× many	× —

FUN FACT: "Teeth" is the plural of "tooth". One **tooth**, two **teeth**! Similarly, one **foot**, two **feet**! These are called **irregular plurals**.

Part 2: Parts of the Body

Now let's go down from the head to the rest of the body:

SHOULDERS	ARMS	HANDS	FINGERS	TUMMY
× 2	× 2	× 2	× 10	× 1
LEGS	KNEES	FEET	TOES	
× 2	× 2	× 2	× 10	

Part 3: This is my... / These are my...

ONE body part → "This is my..."

Sentence	Body Part	How Many?
This is my head.	head	1 (singular)
This is my nose.	nose	1 (singular)
This is my mouth.	mouth	1 (singular)
This is my tummy.	tummy	1 (singular)

TWO or MORE → "These are my..."

Sentence	Body Part	How Many?
These are my eyes.	eyes	2 (plural)
These are my ears.	ears	2 (plural)
These are my hands.	hands	2 (plural)
These are my fingers.	fingers	10 (plural)
These are my feet.	feet	2 (plural)

EASY RULE: **ONE** = "This is my..." | **TWO or MORE** = "These are my..." — Look at the count to decide!

Part 4: Counting Body Parts

Sentence	Number	Body Part
I have one head.	1	head
I have two eyes.	2	eyes
I have two ears.	2	ears
I have one nose.	1	nose
I have one mouth.	1	mouth
I have two arms.	2	arms
I have ten fingers.	10	fingers
I have two legs.	2	legs
I have ten toes.	10	toes

Part 5: Action Commands!

Use these **imperative sentences** to give action commands:

Command	What To Do
Touch your nose!	Put your finger on your nose
Touch your head!	Put your hand on your head
Clap your hands!	Hit your hands together
Stamp your feet!	Hit the floor with your feet
Shake your arms!	Move your arms up and down
Close your eyes!	Shut your eyes
Open your mouth!	Open your mouth wide
Wiggle your fingers!	Move your fingers around

SONG TIME: "Head, shoulders, knees and toes, knees and toes!" — Try singing it while touching each body part!

Part 6: Practice Activities

Activity 1: What Body Part Is It?

- You use these to see. What are they? a) ears b) eyes c) fingers
- You have ten of these on your hands. a) toes b) arms c) fingers
- You use this to smell. a) nose b) mouth c) head
- You bend these when you sit down. a) shoulders b) knees c) feet
- You use them to hear music. a) eyes b) hands c) ears
- You use it to eat and talk. a) mouth b) tummy c) nose

Activity 2: "This is" or "These are"?

Write the correct phrase for each sentence:

- _____ my nose.

2. _____ my eyes.
3. _____ my mouth.
4. _____ my hands.
5. _____ my feet.
6. _____ my head.

Activity 3: Match Body Part to Function

Draw a line from the body part to what it does:

Body Part		What It Does
Eyes	↔	We hear with these
Nose	↔	We walk with these
Ears	↔	We see with these
Mouth	↔	We smell with this
Legs	↔	We eat and talk with this

Part 7: Speaking Practice

Conversation 1: Describe Yourself

Teacher:	Tell me about your body!
You:	I have _____ hair.
You:	I have _____ eyes.
You:	I have two hands and ten fingers!
Teacher:	How many legs do you have?
You:	I have two legs!

Conversation 2: Simon Says

You:	Simon says... touch your _____!
Friend:	*touches the body part*
You:	Touch your nose! (NO "Simon says"!)
Friend:	Oops! I moved! You tricked me!

CHALLENGE: Stand in front of a mirror and point to **10 body parts**, saying each one in English!

Part 8: Let's Review!

- I can name **parts of the head**: eyes, ears, nose, mouth, teeth, hair
- I can name **parts of the body**: shoulders, arms, hands, legs, knees, feet
- I can use "**This is my...**" for ONE body part
- I can use "**These are my...**" for TWO or MORE
- I can **count** my body parts: "I have two eyes."
- I can follow **action commands**: "Touch your nose!"
- I can **describe myself** in English

CONGRATULATIONS!

You now know the parts of your body in English! Touch, point, and name them every day!

Answer Key (For Teachers)

Activity 1:

1. b) eyes
2. c) fingers
3. a) nose
4. b) knees
5. c) ears
6. a) mouth

Activity 2:

1. This is
2. These are
3. This is
4. These are
5. These are
6. This is

Activity 3:

Eyes → We see with these

Nose → We smell with this

Ears → We hear with these

Mouth → We eat and talk with this

Legs → We walk with these