



MY BODY/MI CUERPO

IDEAL AGE: 2+

Sing along with CMOM educators to learn movements that help keep us healthy everyday!

LEARN TOGETHER

Weight-bearing activities like walking or marching are great for building strong bones, while physical activities like jumping improves lung capacity, bone density, muscle and heart strength. Physical activity habits established in childhood last a lifetime!

MATERIALS

- Computer/ iPad screen

MOVE TOGETHER

- 1 Put on some comfortable clothes to get your bodies moving and find a nice space where you can move around.
- 2 Warm up while learning a different language when you dance and sing to CMOM's video [My Body/Mi Cuerpo](#).
- 3 This song is in English and Spanish. Do you know any other languages you can translate it to?
- 4 What are some other body parts we can say hello to in these songs?
- 5 Now jump along with CMOM in the next video [The Jumping Song](#).
- 6 Are there any other songs that you know about the parts of the body? Maybe one about a head and shoulders?



For more fun activities, please go to
cmom.org/resources

