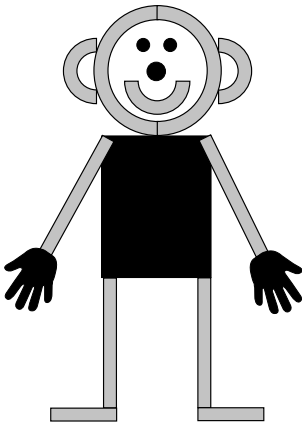


Mat Man™ Teaches Body Awareness

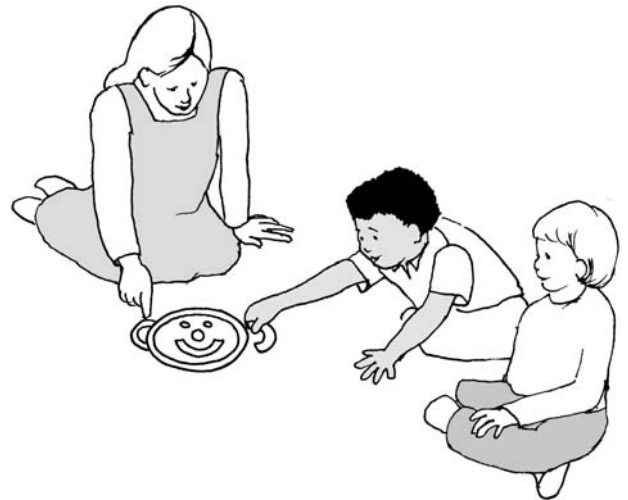


Build, Sing, and Draw Mat Man™ Together!

Young children are often asked to draw pictures of themselves or a person. Mat Man™ activities are social and develop a child's body awareness, drawing, and counting skills.

Directions for Building and Singing

1. Children sit on the floor in a circle.
2. Teacher quickly builds Mat Man on the floor.
3. Teacher gives Mat Man's parts away.
4. Children build Mat Man as they sing the Mat Man song with the teacher.
5. Extra accessories will make Mat Man more interesting or into a different Mat Person (belly button, hair, clothing, seasonal items).



Directions for Drawing

1. Children sit at tables/desks facing teacher.
Teacher draws a large Mat Man at the board or easel
2. Teacher draws each part in order.
Sing/say: "Mat Man has one head. Watch me draw the head. Now it's your turn!"
3. Encourage children to add other details to their drawings.

Mat Man™ Song

Tune: "The Bear Went Over the Mountain"



Mat Man has	1 head,	1 head,	1 head,	Mat Man has	1 head,	So that he can*	think
Mat Man has	2 eyes,	2 eyes,	2 eyes,	Mat Man has	2 eyes,	So that he can*	see
Mat Man has	1 nose,	1 nose,	1 nose,	Mat Man has	1 nose,	So that he can*	smell
Mat Man has	1 mouth,	1 mouth,	1 mouth,	Mat Man has	1 mouth,	So that he can*	eat
Mat Man has	2 ears,	2 ears,	2 ears,	Mat Man has	2 ears,	So that he can*	hear
Mat Man has	1 body,	1 body,	1 body,	Mat Man has	1 body,	To hold what is inside	heart, lungs, stomach
Mat Man has	2 arms,	2 arms,	2 arms,	Mat Man has	2 arms,	So that he can*	reach
Mat Man has	2 hands,	2 hands,	2 hands,	Mat Man has	2 hands,	So that he can*	clap
Mat Man has	2 legs,	2 legs,	2 legs,	Mat Man has	2 legs,	So that he can*	stand
Mat Man has	2 feet,	2 feet,	2 feet,	Mat Man has	2 feet,	So that he can*	walk

*Wait for your children to respond. Add extra verses when you add new accessories Your children may call out other body functions (feet= run, kick, dance). Encourage this while keeping the song/activity moving along.

Drawings Before and After on the Same Day:

Before



After

