

Mat Man™ Teaches Body Awareness

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

Preparation

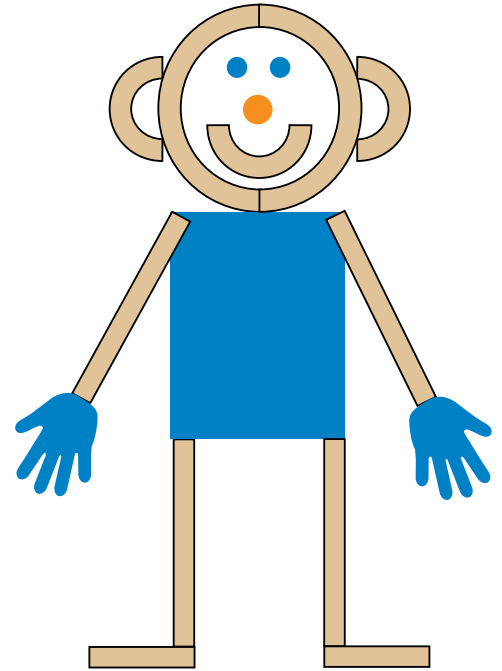
Mat

Wood Pieces:

- 2 big curves (head)
- 3 little curves (ears, mouth)
- 4 big lines (arms, legs)
- 2 little lines (feet)

Accessories:

- 2 hands
- 2 eyes (small water bottle caps)
- 1 nose (large milk or juice cap)
- other items as desired



Directions for Building and Singing

1. Children sit on the floor in a circle.
2. Teacher builds Mat Man on the floor.
3. Teacher gives Mat Man's parts to the children.
4. Children build Mat Man as they sing the *Mat Man* song with the teacher. (Track 8)
5. Extra accessories (belly button, hair, clothing, seasonal items) will make Mat Man more interesting or change him into a different Mat person.

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!" (*Get Set for School Sing Along CD, Track 8*)
3. Encourage children to add other details to their drawings.

Skills Developed

- Body Awareness—Body parts, body functions
- Drawing Skills—Placing body parts correctly, sequencing, and organization
- Socialization—Participation, following directions, contributing, taking turns
- Number Awareness—Counting body parts

Tips

- For preschoolers, demonstrate drawing arms and legs with two parallel lines.
- Encourage students to personalize all of their drawings.