

Mission:

55. Stinky Feet

ORGANIZATION:

Music: N/A

Materials: 10 foam feet cut out of craft foam with a numeral and an exercise picture taped to each foot. You will need one additional foot that is the “stinky foot”. Glue two googly eyes and draw a face on this foam foot to represent the “stinky foot”.

Books: *From Head to Toe* by Eric Carle; *Max Exercises* by Guido Van Genechten

Set up: No particular set-up required; however, children will need enough room to perform the exercises and move freely to their next activity.



Using a shoe box with ten foam feet cut outs (an exercise picture and number on each cut out), you will ask a child to come up, choose a foot from the box, identify the number, and then ask the class how to do that particular exercise. You can either ask the whole class to perform the exercise with the child or send the child onto the next activity. IF a child draws a foam foot that is the “stinky foot”, the child must hold his/her nose and say “stinky feet” before moving onto the next activity.

VARIATIONS:

Vary the exercises on the “feet” or you could use a dice with numerals vs. placing the numeral on each foot.

EXTRA
TIPS:

By using a large dice along with the foam feet exercises, you can call up two children at a time to dismiss them so the transition goes more quickly.