



# Head, Waist, Toes

Skill: Segmenting

<u>What you need</u>	<u>Who can play</u>
Words with three or four sounds, from books that you have (not written, just chosen beforehand)	Child and adult / older sibling

**Segmenting** involves hearing a word and separating it into its individual sounds in your mind. This skill is one part of **phonological awareness**. It will be needed when children are “sounding out” words to determine which sounds they contain so that they can write them. For example, the word *top* can be separated into the sounds /t/ /o/ /p/.

## What you do

1. Have your child stand as they listen to you say one of the words.
2. Say each sound in the word one at a time. As you say each sound, your child should repeat the sound as they place their hands in the correct position:
  - a. for the sound at the beginning ⇒ hands on head
  - b. for the sound in the middle ⇒ hands on waist
  - c. for the sound at the end ⇒ hands on toes

For example, with the word *sag*: you say /s/, and your child says it too and puts their hands on their head; then you say /a/ and they repeat it and put their hands on their waist; and you finish with /g/, and they repeat it and put their hands on their toes.

3. Assist and correct your child if needed.

## Other ways to play

1. Say the sounds in the words faster and faster as the game progresses.
2. Have your child choose the actions to do to go along with the sounds.

## Taking it further

1. Choose words with five or more sounds, and have your child place their hands on their head, shoulders, waist, knees, and toes as the five body positions.
2. After your child makes the correct motions for a word, say only one of the sounds from the word, and have them make the correct motion. For example, if you said /t/ /o/ /p/ for *top*, then say /o/, and they should put their hands on their waist. Try this several times with various sounds from each word.