

Human Bodyland Lesson Plan

Here's a *breath of fresh air*, a little something to *put your heart into*. We know you're *up to your ears and eyeballs*, *head buzzing* and *nose to the grindstone*, but we thought you'd *fall head over heels* for this fun song to do with your students (as part of your human body and/or language arts curriculum). *At face value* it is a catchy song using fun body expressions, idioms. But there's always *more than meets the eye* here! So, from *the bottom of our hearts*, we introduce the song Human Bodyland!

The English language is *chock full to the brim* with idiomatic expressions. Body expressions are especially interesting, often revealing deeper processes at play. Make a research of body expressions with your students. It will *warm the cockles of your heart!* Some meanings are obvious, *as plain as the nose on your face*. But others will cause you to wonder at their origins, like "green with envy" or "rule of thumb" or "facing up to something" or "turning your back on something". Why do we say someone has a "yellow streak" or has "a green thumb"? "What is your gut feeling?" "Stay on your toes!"

Did you know that getting up on your toes stimulates awareness in the head? Try it. Or that the nose is directly wired to our emotions? There's even compelling research which confirms the perennial use of 'heart' expressions. It is to do with the 'intelligence of the heart' – literally. It's called *neuro-cardiology*. So, there's something more to many of these seemingly 'figurative' expressions.

Alongside the learning of this fun and rhythmic, very danceable song is the children's joy of *working hand in hand* exploring idiomatic expressions *to their heart's content!* As always, this is just to put *a bug in your ear*. *Play it by ear!* See how it goes. We think you'll be *smiling from ear to ear* once you *put your minds together* and *jump into it!*

PAZ



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