



At home hacks

Teaching about right and left

Helping children work through and learn their right and left can be daunting. "That's your left, right!" Oops. "That's your left, you've done great!" Phew.

There are some wonderful ways you can sing and rhyme your way into left and right learning. One of them is the favourite *We're on our way* song from *More mainly music Christmas Songs*. That song seems to achieve a little buzz from the grown-ups and children when it's announced in a session. Have you used that song at home to create a fun moment where you can sing the lyrics and move to the left and right? Children love seeing you have a laugh and love to copy your antics.

One recommendation we found on-line was to concentrate on teaching one term at a time, focussing on the child's obvious dominant hand and corresponding foot. Once your child has mastered this, they can move onto learning the non-dominant hand and foot. Then you can start by explaining what is happening during the everyday activity of getting dressed. This has multiple benefits as you can use additional vocabulary and engage your child's sense of worth.

"I love the way you move. Let's put your *left* arm into your *left* sleeve. How clever is that! I see your *left* hand coming through now! Let me kiss it!"

It's pretty obvious this isn't going to be your banter every time there is a need to place clothing on your child. You could try for at least once a day.

Someone on-line painted their child's toe nails with a single colour of polish and placed a sticker of the same colour in that shoe, enabling their child to match the colours.

Again, this was only undertaken with one term, the same one being concentrated on.

Another rhyme to help children practice their left and right is overleaf. If you remember while you're facing your child, swap your hands over. For example, *This is my left hand, I'll raise it up high* would see you holding up your right hand. That's because your child is unable to make the swap and will only mirror you.

Rather than correcting her mistakes, encourage by celebrating the correct use of the terminology.



Learning at home

Rhymes to use

Right hand, left hand

This is my right hand
I'll raise it high
This is my left hand
I'll reach the sky
Right hand
Left hand
Roll them around
Left hand
Right hand
Pound, pound, pound



Source, unknown

Each time the right or left hand is mentioned, raise that hand above your head. Remember that *roll them around* is a great moment to practice crossing the central line and hand co-ordination. Your child will grow into this movement!

I'm Suzy Circle

I'm Suzy Circle
Watch me bend
Round and round
From end to end

Sandy Square is my name
My four sides are just the same
Count one side and then count more
Count to two, then three, then four
Turn me around, I don't care
I'm always the same, I'm Sandy Square

Tommy Triangle is the name for me
Tap my sides - one, two, three

Olly Oblong is my name
My four sides are NOT the same
Two are short and two are long
Count my sides, come right along
One, two, three, four

Source unknown



Never walk away from someone who deserves help; your hand is God's hand for that person. Don't tell your neighbour "Maybe some other time" or "Try me tomorrow" when the money's right there in your pocket. *Written by the wisest man to have ever lived, Solomon. And, recorded in the Bible.*

The Message, Copyright © 1993, 2002, 2018 by Eugene H Peterson

When you'd like to help your child remember shapes, this little rhyme can be helpful. You might want to cut out shapes to show them the differences.

Your chance to win!

Before 30 June 2020, you'll find chances to win when you participate in competitions on the global mainly music and mainly play Facebook and Instagram pages. Make sure you 'like' us!



Local information

For resources of interest, check out our websites

