



**BASICS**  
by WELLNESS HUB

**Can you point to your head,  
shoulders, knees, and toes?**



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**What do you use your  
hands for?**



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**How many fingers do you have?  
Can you count them with me?**



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**What can you do with  
your legs and feet?**



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**Show me where your ears are.  
What do you hear with them?**



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**What do you like to eat  
with your mouth?**



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**Can you blink with your eyes?  
What do you see around you?**



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**What are some things you  
like to touch and how do  
they feel?**

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**What is your favorite thing to taste?**



**What do you like to smell?  
Can you think of a nice smell and a bad smell?**



**What sounds do you like to hear?**



**What are some things you like to look at?**



**What's the tickliest part of your body?**



**Can you show me how you clap your hands or snap your fingers?**



**What's your strongest body part? Show me how you use it**



**Can you make a funny face with your face muscles?**



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**Do you like soft or hard textures better? Why?**



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**What is your favorite food to taste and why?**



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**What is the best thing you like to smell in your house?**



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**Do you prefer loud music or quiet music?**



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**What is your favorite color to look at?**



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**Can you jump on one foot? Let's see!**



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**What can you do with your arms? Can you wave, hug, or something else?**



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**Let's make different animal noises! What sound does a cat make?**

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