How can I remember left and right?

I can put my hands like this. The left hand makes an L.
FREE PREVIEW
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I write with my _______ hand.
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right-handed

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I know the left and right sides of my body.

left

__________ ear

__________ arm

__________ hand

__________ leg

__________ foot

right

__________ ear

__________ arm

__________ hand

__________ leg

__________ foot

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When we face someone our left and right are on opposite sides.

my left hand       my right hand

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My left shoe goes on my left foot.
My right shoe goes on my right foot.

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means left. The other side is right.

I can write left and right.
I’ve had fun learning about left and right!

My __________ nana.  My __________ hand.
My Book of Left and Right - Instructions

Remembering which is left and which is right can be difficult for children. This booklet will teach them a trick to help them remember while enjoying interactive activities, too!

Materials Needed:
All Pages: one copy of each page in this packet
Cover Page: pencil, crayons
Page 1: crayons
Page 2: tempera paint, paint brushes, crayons (if desired)
Page 3: pencil, crayons, scissors, glue
Page 4: pencil, crayons
Page 5: pencil, crayons
Page 6: crayons, scissors, glue
Page 7: pencil, crayons
Page 8: pencil, crayons (if desired)

To Assemble:
When all pages are completed, staple together along the left side. Or staple together in a packet first, just remember one page will have to be painted.

Cover Page
1. Write name on the line.
2. Color hands and feet.

Page 1 - How to Remember Left and Right
1. Practice putting hands in the position on the page.
2. Repeat which hand is left and which hand is right.
3. Share with a friend.
4. Color the hands and the L.

Page 2 - Painted Handprints
1. Print name on the top line and the date on the bottom line.
2. Color the border, if desired.
3. Paint child's left hand with enough, but not too much, brightly colored tempera paint to make a good handprint.
4. Carefully make a handprint on the left side.
5. Repeat with the right hand.
6. Have child wash paint off his or her hands.
7. Lay paper flat to dry.

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My Book of Left and Right - Instructions, continued

Page 3 - I Write with My (Left or Right) Hand
1. Have child write “left” or “right” on the line to correctly complete the sentence.
2. Have child write his or her name on the line on the picture of the paper.
3. Color the left or right hand holding the pencil on page 4.
4. Have child practice holding the pencil like in the picture.
5. Cut out the picture of the correct hand.
6. Glue the hand on page 3 under the name.

Page 5 - Left and Right Sides of My Body
1. Write “left” on each of the lines on the left and “right” on each of the lines on the right.
2. Color.

Page 6 - Left and Right Can Be On Opposite Sides
1. Draw a line from the right hand of one child to the right hand of the other child.
2. Repeat with the left hand.
3. Color.
4. Practice standing facing a friend. Match left hands and right hands.

Page 7 - Left and Right Feet and Shoes
1. Color the shoes on page 8, except for the boxes labeled “left shoe” and “right shoe”.
2. Cut out the shoes.
3. Matching the words “left” and “right”, glue each shoe onto the correct foot on page 7.

Page 9 - Left Side and Right Side
1. Write the words “left” and “right” to show which way to turn and to show which side of the heart is colored.
2. Pretend to make a left turn and a right turn.
3. Have the child show the left side of his or her heart by putting the left hand on the left side of his or her chest and the right side by putting the right hand on the right side of the chest.

Page 10 - Traced Hands
1. Have child independently trace an outline of his or her left hand on the left side of the page then write the word “left” on the line.
2. Repeat with the right hand and write the word “right” on the line.