



# Mat Man<sup>®</sup> for Body Awareness

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## Meet Mat Man

From classroom personality to storybook hero, Mat Man is a favorite among young children. But, just who is Mat Man? Mat Man is a Pre-K and kindergarten classroom character that is made of Wood Pieces and the blue Mat for Wood Pieces. He brings learning to life with music and fun, teaching children important readiness skills such as drawing, pre-writing, counting, building, socializing, sharing, and body awareness.

## Teach Body Awareness with Mat Man

Note: The activities below are included in this packet.

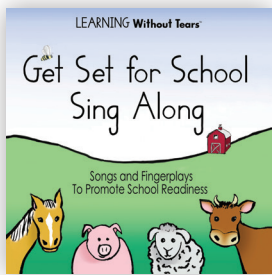
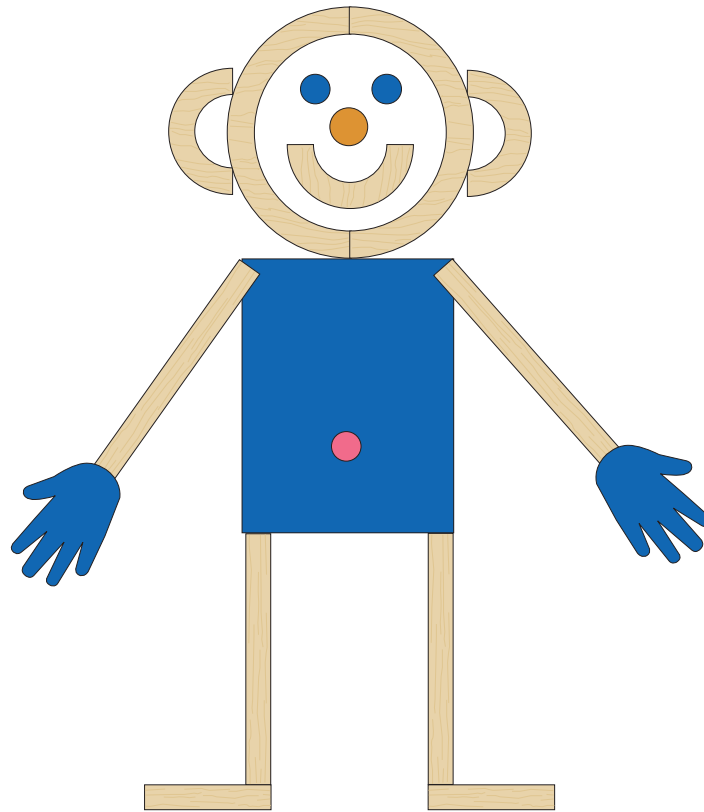
- Build & Sing Mat Man<sup>®</sup>
- Build & Draw Mat Man<sup>®</sup>
- Mat Man<sup>®</sup> Pattern





# Mat Man<sup>®</sup> for Body Awareness

Show children how to build Mat Man using the Mat for Wood Pieces, Wood Pieces Set for Capital Letters, and a few accessories. Additional Activities: "Mat Man Rock" from the *Rock, Rap, Tap & Learn* Album.



## "Mat Man"

from the *Get Set for School Sing Along* Album

Tune: "The Bear Went Over the Mountain"

Mat Man has	<b>1</b> head,	<b>1</b> head,	<b>1</b> head	Mat Man has	<b>1</b> head	so that he can*	think
Mat Man has	<b>2</b> eyes,	<b>2</b> eyes,	<b>2</b> eyes	<i>(repeat)</i>	<b>2</b> eyes	<i>(repeat)</i>	see
Mat Man has	<b>1</b> nose,	<b>1</b> nose,	<b>1</b> nose		<b>1</b> nose		smell
Mat Man has	<b>1</b> mouth,	<b>1</b> mouth,	<b>1</b> mouth		<b>1</b> mouth		eat
Mat Man has	<b>2</b> ears,	<b>2</b> ears,	<b>2</b> ears		<b>2</b> ears		hear
Mat Man has	<b>1</b> body,	<b>1</b> body,	<b>1</b> body		<b>1</b> body	to hold what is inside*	heart, lungs, stomach
Mat Man has	<b>2</b> arms,	<b>2</b> arms,	<b>2</b> arms		<b>2</b> arms	so that he can*	reach
Mat Man has	<b>2</b> hands,	<b>2</b> hands,	<b>2</b> hands		<b>2</b> hands	<i>(repeat)</i>	clap
Mat Man has	<b>2</b> legs,	<b>2</b> legs,	<b>2</b> legs		<b>2</b> legs		stand
Mat Man has	<b>2</b> feet,	<b>2</b> feet,	<b>2</b> feet		<b>2</b> feet		walk

\*Wait for children to respond. Your children may call out other responses (i.e. feet = run) than listed. Add extra verses when you add new accessories.

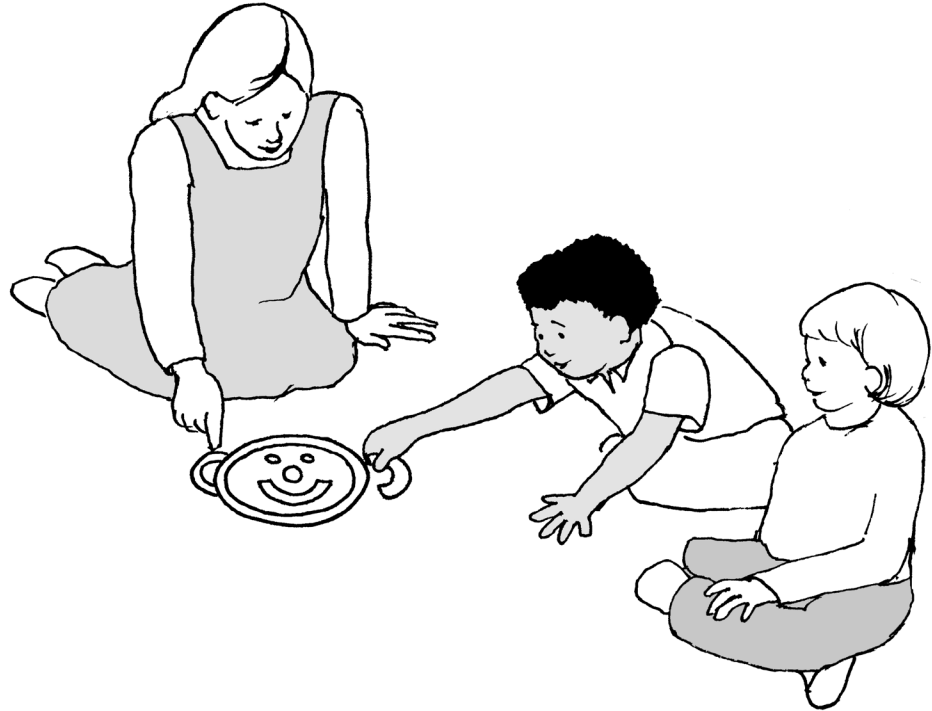


# Mat Man<sup>®</sup> for Body Awareness

Young children are often asked to draw pictures of themselves as a person. Mat Man makes drawing easy. Develop drawing, counting, and body awareness skills with the building, singing, and drawing activities below.

## Materials

- Mat for Wood Pieces
- Wood Pieces:
  - 2 Big Curves (head)
  - 3 Little Curves (ears, mouth)
  - 4 Big Lines (arms, legs)
  - 2 Little Lines (feet)
- Accessories:
  - 2 hands
  - 2 eyes (water bottle caps)
  - 1 nose (juice cap)



## Skills Developed:

- Body awareness
- Drawing skills
- Socialization
- Number awareness

## Build Mat Man

1. Children sit on the floor in a circle.
2. Teacher builds Mat Man on the floor.
3. Teacher gives Mat Man's parts to the children.
4. Children build Mat Man as they sing the "Mat Man" song from the *Get Set for School Sing Along* Album with the teacher.
5. Extra accessories (belly button, hair, clothing, seasonal items, etc.) make Mat Man more interesting or change him into a different Mat person.

## Draw Mat Man

1. Children sit at tables/desks facing the teacher. The teacher draws a large Mat Man at the board or easel.
2. Draw each part in order. Sing/say: **Mat Man has one head. Watch me draw the head. Now it's your turn!**
3. Encourage children to add other details to their drawings.

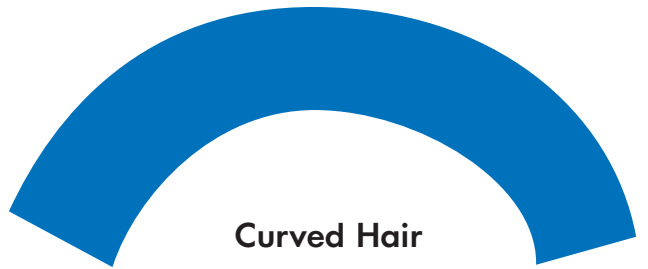


# Mat Man<sup>®</sup> for Body Awareness

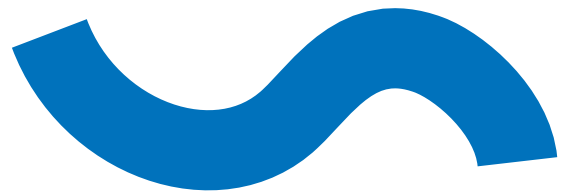
Use these patterns to make body parts with colorful paper. Laminate for durability.  
Use a juice cap for nose and water bottle caps for eyes.  
Use thick yarn or fringe for hair.



Hand



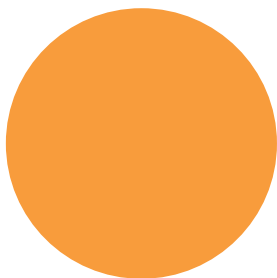
Curved Hair



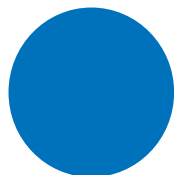
Wavy Hair



Straight Hair



Nose



Eye/Belly button



Eyebrow



Curly Hair