



# FIRST STEPS

ESL TOGETHER WITH LOVE



**PLAY &  
LEARN**

ONLINE COURSE SUMMARY BOOK

English with kids.com

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# Foreword

*and welcome : )*

to the exciting world of English rhymes, songs, games, books, and **little “English moments”**. Falling in love with activities in English immediately helps children to find a way to enjoy English every day. With only a little guidance, adults who provide a prepared environment can help make children feel comfortable enough to use English to communicate easily and fluently.

Activities using the **Montessori approach** work so well and are also very accessible with **today’s technologies and resources**. Feeling familiar with the English language is the **best start for our children’s future learning** and awareness of the world’s diversity usually drives their interest to learn more.

I really like how this approach supports a child’s **positive self-image and confidence in their ability**. I am sharing my experience with other parents and teachers in both my **classes and online courses**.

Supporting the **enormous talent children have for languages** early on is really worth it and can benefit parents and caretakers too.

Join us and have fun!

With love,

*Eva*



# Games for Every Day

*and every occasion*

## Hands, Fingers and Tickling:

- Baby's Fingers
- Creep Mousie Game
- Round and Round the Garden
- Slowly Slowly
- This Little Piggy
- Beehive

## Lap Games:

- A Smooth Road
- Ride a Little Pony
- Humpty Dumpty

## Exercise and Have Fun:

- Fun Movements Game
- Pat-a-Cake
- So Big!
- London Bridge
- Ring Around the Rosie

## Playing and Exploring:

- Easy Opposites
- Peek-a-Boo
- Where is ...

## Little Moments:

- Kissing Game
- Drawing Game
- Blowing Game



Enjoy them all in the audio version. Read by my colleague Abigail Davis from Florida USA. Read the QR CODE here and play it right away.

# Hands, Fingers *and tickling*

## Creep Mousie Game

---

Marching the fingers up the child and tickling at the end of the rhyme.

**Creep mousie,  
Creep mousie,  
Up the stairs and  
Into the housie!**

Find where it tickles or where it is  
the most fun : )



## Round and Round the Garden

---



First swirl your finger around the palm,  
then walk your fingers up the child's arm  
and tickle child's underarm. Repeat and  
enjoy the time together.

**Round and round the garden.  
Like a teddy bear.  
One step, two steps.  
Tickle you under there!**

## Baby's Fingers

---

Simple and fun repetitive finger play.

**Are you ready? Here we go!**

**These are Baby's fingers.  
These are Baby's toes.  
This is Baby's belly button.  
Round and round it goes!**

Touch the body parts – fingers, toes, stomach and circle or tickle around the belly button.

And what are fingers called?  
*The biggest is Thumb.*  
*Then goes Index Finger.*  
*Middle Finger.*  
*Ring Finger.*  
*And the little Pinky.*

Try also these songs: Finger Family, Where is Thumbkin?



## This Little Piggy

---



Nursery rhyme and finger-play for baby's toes.  
Start wiggling from the big toe to the pinky toe.  
You may tickle the foot at the end.

**This little piggy went to market,  
This little piggy stayed home,  
This little piggy had roast beef,  
This little piggy had none,  
And this little piggy cried,  
Wee wee wee,  
All the way home.**



## Slowly Slowly

---

Walk your fingers up baby's body according to the rhyme. At the last rhyme you may go around the head and finish with DING DONG sound while pressing the nose.  
Repeat and have fun.

**Slowly, slowly, very slowly, Creeps the garden snail.  
Slowly, slowly, very slowly.  
Up the wooden rail.**

**Quickly, quickly, very quickly, Runs the little mouse.  
Quickly, quickly, very quickly.  
Round about the house.**



## Beehive

---

Interesting movements combined with exploring meanings of sounds and words.

**Here is the beehive, where are the bees?**

Clench your fist.

**Hidden away where nobody sees.**

Pretend to look inside your fist.

**Open it up and out they fly.**

Open fist and bring out fingers quickly one by one.

**One, two three, four, five, buzzzzz.**

Tickle your child's neck while saying "buzzzzz."



## Lap Games

### *the top list*

### Ride a Little Pony

---

Let your child sit on your knees facing you.  
Gently bounce them up and down and say:

**Ride a little pony,  
Down to town.**

**Better be careful,  
So you don't fall DOWN.**

Pretend to let your child fall when saying  
"down." Open your legs and let your child  
slide down between them.

You may comment.

**Oops. You fell down!**

**Now let's go up.**

**Do you want some more?**

**Yes, you do?**





## A Smooth Road

---

Put your baby on the lap facing you.

**A smooth road, a smooth road, a smooth road, a smooth road.**

Bounce baby gently.

**A bumpy road, a bumpy road, a bumpy road, a bumpy road.**

Bounce baby faster.

**A rough road, a rough road, a rough road, a rough road.**

Bounce baby higher.

**A hole!**

Drop baby gently between your knees.



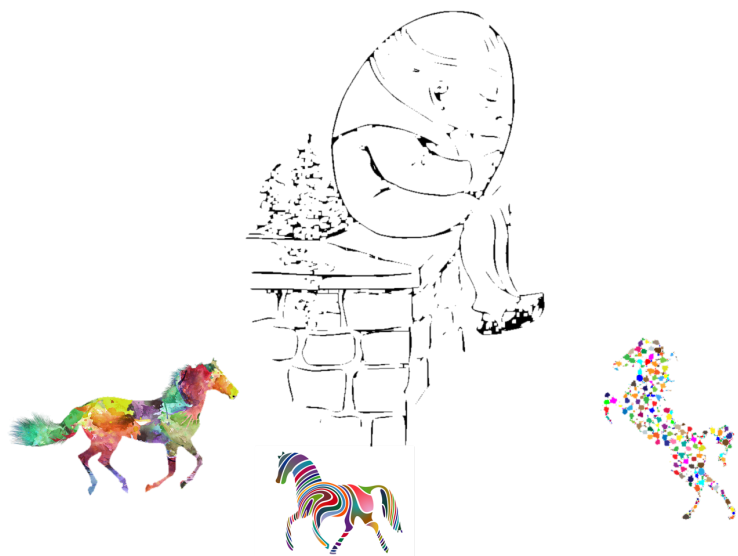
## Humpty Dumpty

---

Let your child sit on your knees facing you.  
Gently bounce them up and down and say:

**Humpty Dumpty sat on a wall,  
Humpty Dumpty had a great fall.  
All the king's horses,  
And all the king's men,  
Couldn't put Humpty together again.**

Pretend to let your child fall when saying "fall."  
Repeat the fun.



# Exercise

## *and learn*

### So Big!

---

Practice stretching arms above the head and have fun with this game.

**How big are you?** or **How big is ... (name)?**

And when stretching say:  
**You are sooooo big! Sooooo big!**

**Yes, you are.**  
**Like this.**



### Ring Around the Rosie

---

Children's singing game. Hold hands in the circle and go round. Fall down at the last rhyme.

**Ring-a-round the rosie,  
A pocket full of posies,  
Ashes! Ashes!  
We all fall down.**

“Let’s get up. Do you want more?”



## Fun Movements Game

---

Learning first movements together and having fun. Hold a small baby on your lap or exercise with bigger children together.

**Jump, jump, jump, ...**  
**Dance, dance, dance, ...**  
**Fly, fly, fly, ...**  
**Turn around.**

Naming the action:

**You are jumping now!**

**You are dancing!**

**Super! Great! Wonderful!**

Ask your child:

**How do you fly? Yes, like this!**

**Up high to the sky!**

At the beginning choose a few favorites and practise to the child's desire.  
Add some more later.



## London Bridge

---



Children's singing game. Hold hands up to make an arch for your baby to pass through. The "arch" is then lowered at the song's end to "catch" a player. Switch roles.

**London Bridge is falling down,  
Falling down, falling down.  
London Bridge is falling down,  
My fair lady.**

You may comment:  
**I got you!**

## Pat-a-Cake

---

Fun clapping game for two. With infants hold their hands while you do the actions. My little ones loved to clap their hands and roll their arms. "B" and "baby" in the last two lines can be replaced by the child's first initial and first name.

For nice bonding, end with kisses all over baby's face and neck.

**Pat-a-cake, pat-a-cake,  
Baker's man.  
Bake me a cake,  
As fast as you can.  
Pat it and roll it,  
And mark it with a "B",  
Put it in the oven,  
For baby and me.**





# Playing *and discovering*

## Peek-a-Boo

---

Fun baby play with many variations. First cover or hide your face or your baby's face:

**Where is ...(name)?**

Then uncover and say:  
**Peek-a-Boo, I see you!**

You may comment.  
**Here is ...(name)!**

While lying on their back during a diaper change, you may place a small light towel in front your baby's face and play Peek-a-Boo. Or hide your favourite toy for example a monkey and say:

**Where is the monkey?  
Do you see the monkey?  
Peek-a-boo! Here is the monkey.**



## Where is ... ?

---



First introduce:  
**I am mommy.  
You are .... (name).**  
Play searching games:  
**Where is mommy?  
Where is daddy?  
Where is ... (name)?**  
You may comment:  
**Yes, here is daddy.  
I see you!**



Repeat a few times. Or change the subjects you search for:

**Where is a flower?**

**Where is a baby?**

Try playing also while reading. But make sure to introduce words first.

## Opposites

---

Easy to understand and fun to practice : )

OPEN – SHUT

**Open the door.**

**Shut the door.**

BIG – SMALL

**Look, this strawberry is big.**

**And this one is small.**

FAST – SLOW

**The turtle is slow.**

**The rabbit is fast.**

PLEASE – THANK YOU

**The dog says “please!”**

**Here you go. “Thank you!”**

IN – OUT

**The turtle is in. The rabbit is out.**

UP – DOWN

**The strawberry is up.**

**The dog is down.**



# Little Moments

## *also for the bed time*

### Drawing Game

---

Every child loves when you draw softly on their face. Small babies may even fall asleep from this activity.

Describe and softly draw on your child's face:

**Here is your head.  
Here is your nose.  
Here are your ears.  
Here goes your neck.**

Try our little rhyme:  
**Your face goes round and round.  
Your eyes go round and round.  
Your mouth goes round and round.  
Your nose goes up and down!**

While slowly singing the Head Shoulders Knees and Toes song, you may describe and softly touch the parts you sing about.



## Kissing Game

---



Showing the love:

**My little darling!**

**Pretty baby!**

**I love you!**

Describe the action:

**I will kiss your cheek!**

**I will kiss your head!**

**I will kiss your hand!**

**I will kiss your nose!**

Repeat a few times.

You may ask:

**Do you want more? Do you like it?**

Perhaps answer for you child: **I see you do!**

## Blowing Game

---

Enjoy your time together when blowing on your baby's body parts Find where it tickles or where it is the most fun : )

Did you know that you can:

- Blow bubbles
- Blow the dandelion
- Blow a kiss
- Blow baby's nose (when having a runny nose from the cold)



Blow on baby's hair.

Blow on baby's neck.

Blow on baby's tummy.

Blow on baby's fingers.

Blow on baby's palms.

Blow on baby's toes.



# Speak and do



Tips for your first easy conversation:

## GIVE AND TAKE

**Give (it)... to me. Please!**  
**Take it (back), here you go!**  
**Give me your hand.**  
**Now we hold hands.**

## PUT AND TAKE

**Put the ball in.**  
**Take the ball out.**  
**Put the hat on.**  
**Take the hat off.**

## PICK AND BRING

**Pick (it)... up.**  
**Yes, like this.**  
**Bring it to me, please.**

And do not forget about: Please. Thank you!

Describing first movements together and having fun:

**You are walking!**  
**You are eating!**  
**You are running!**

Adding more such as: hopping, twirling, waving, swimming, splashing, etc.

When something happens:

**You fell down. Oops!**  
**That's OK. No problem!**  
**Can you get up? Great!**

You may comment first simple movements and add some more later.

Remember nice songs from Super Simple Songs such as:  
Walking Walking or We All Fall Down  
We all fall down

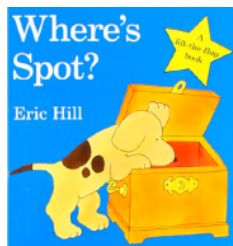




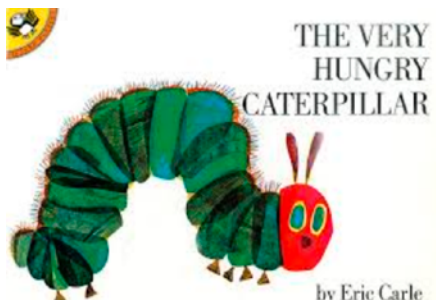
# Storytime

## *with easy books*

**Where's Spot?: Eric Hill.** Very easy to read, fun and interactive. Children want to read it again and again. Great to practice locations such as under, behind, in,...



**Very Hungry Caterpillar: Eric Carle.** A very nice book. Introduces food and days of the week and has funny holes made by the caterpillar.

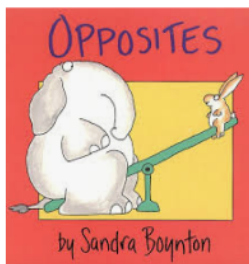


**From Head to Toe Board Book:**

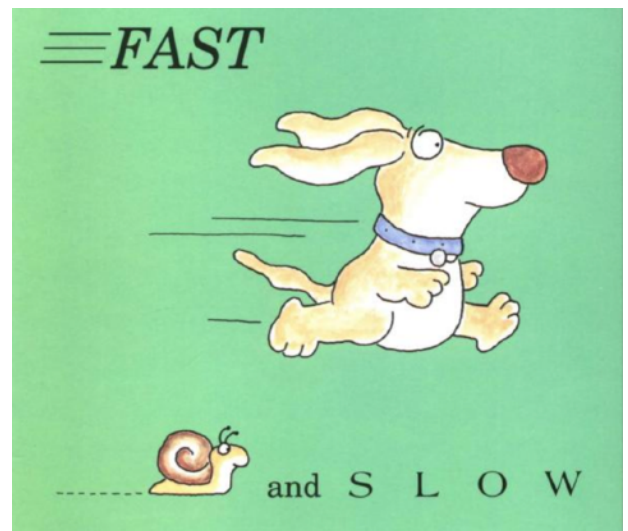
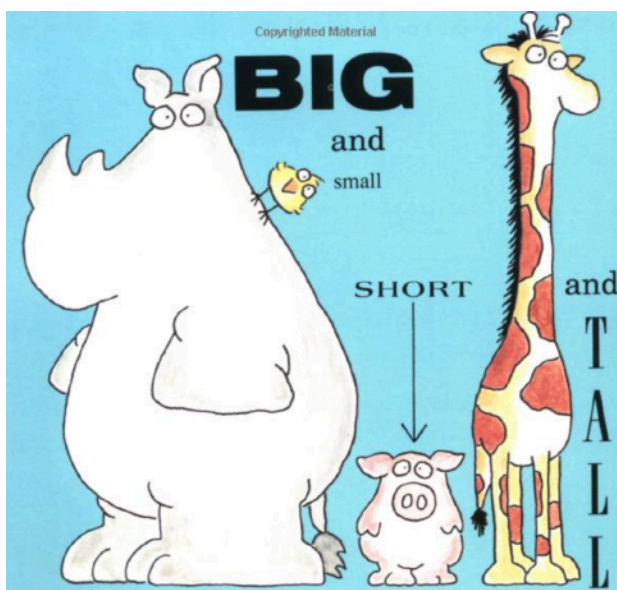
**Eric Carle.** Great for exercise and learning phrases such as "I can do it".



**Fisher-Price: Our Animal Friends** by Fisher-Price. Learning English words from the same books as native English children do, because they are simply the best : )



**Opposites: Sandra Boynton.** This book was a great success for introducing English at home but also loved by kids in my classes.



My favourite bookshop **delivers books FOR FREE** [www.bookdepository.com](http://www.bookdepository.com)

When you finish reading comment interesting pictures in your own words. Make your moments together as lively as possible for example with funny sounds and pretend voices.

# First Songs

## *time to sing*



### Open Shut Them

♪ Open shut them, open shut them.

Give a little clap, clap, clap.  
Open shut them, open shut them.  
Put them in your lap, lap, lap.

Big and small.  
Big and small. Big and small. ....

Please. No, thank you.  
Please. No, thank you. Please. No, thank  
you...

Fast and slow.  
Fast and slow. Fast and slow. ....

Loud and quiet.  
Loud and quiet. Loud and quiet.....

Peek-a-boo.  
Peek-a-boo. Peek-a-boo. .... ♪



### Head Shoulders Knees and Toes

♪ Head, shoulders, knees & toes, knees & toes

Head, shoulders, knees & toes, knees & toes  
and eyes and ears and mouth and nose  
Head, shoulders, knees & toes, knees & toes.  
(Repeat)



## Sweet Dreams (Goodnight)

---

♪ Goodnight to you. Goodnight to me.

Now close your eyes and go to sleep.

Goodnight. Sleep tight.

Sweet dreams tonight.

Goodnight. I love you. ♪



Find custom Super Simple Songs album with 20 songs and their sing-alongs in my shop. We have picked the best songs for you for your first steps in English the Montessori way and made cards and videoblog to go with it.





# Let Children *lead YOU*



My name is Eva Potociarova and I am passionate about introducing English as a second language to children in a natural way.

I support and practice bilingual parenting myself (suitable also for non-native English speakers). I share ideas, resources and inspiration for effective and fun English learning the Montessori way.

With a few key yet simple adjustments, a very effective environment can be created for young children that enable them to acquire English naturally and easily. Children's absorbent minds can also be encouraged by non-native speakers either at home or in group courses. Try for example these handy cards and let children choose the activity.

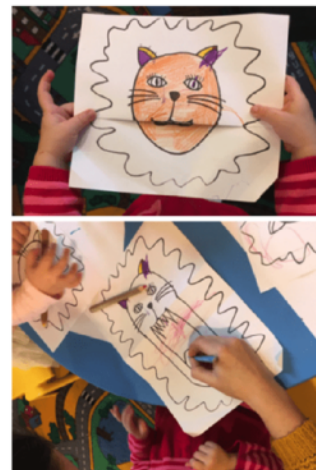
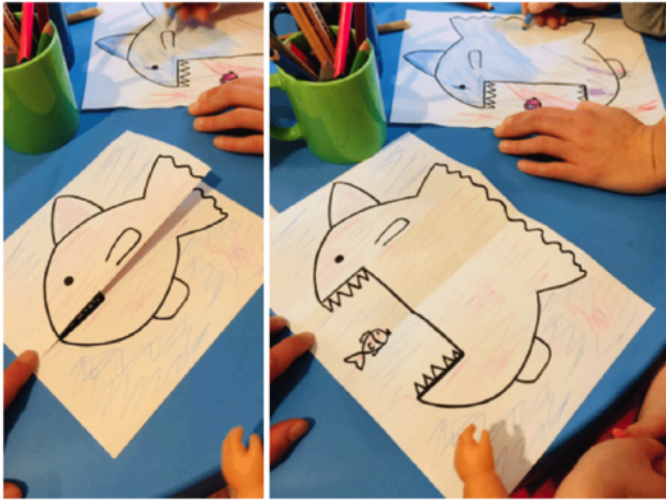


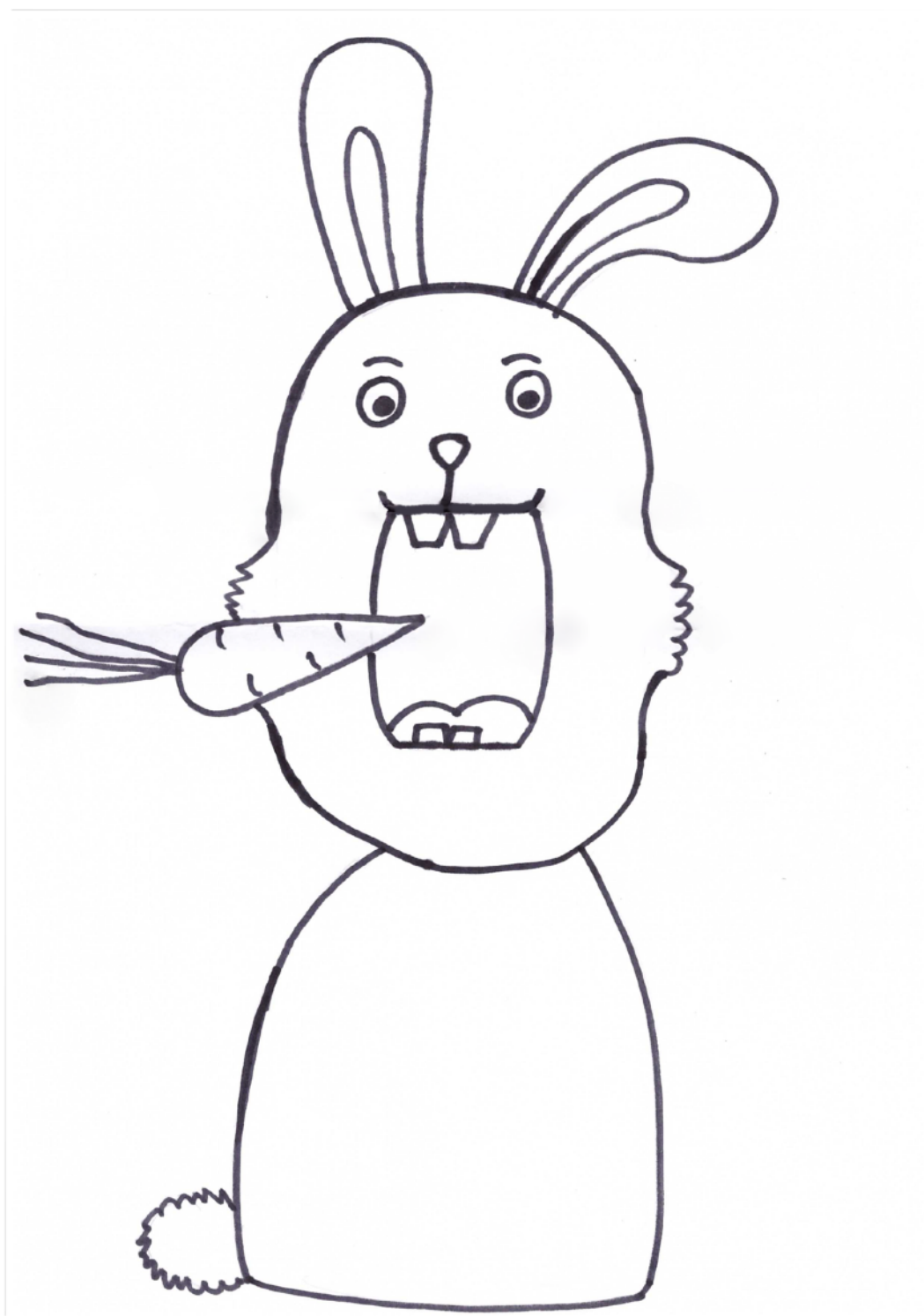
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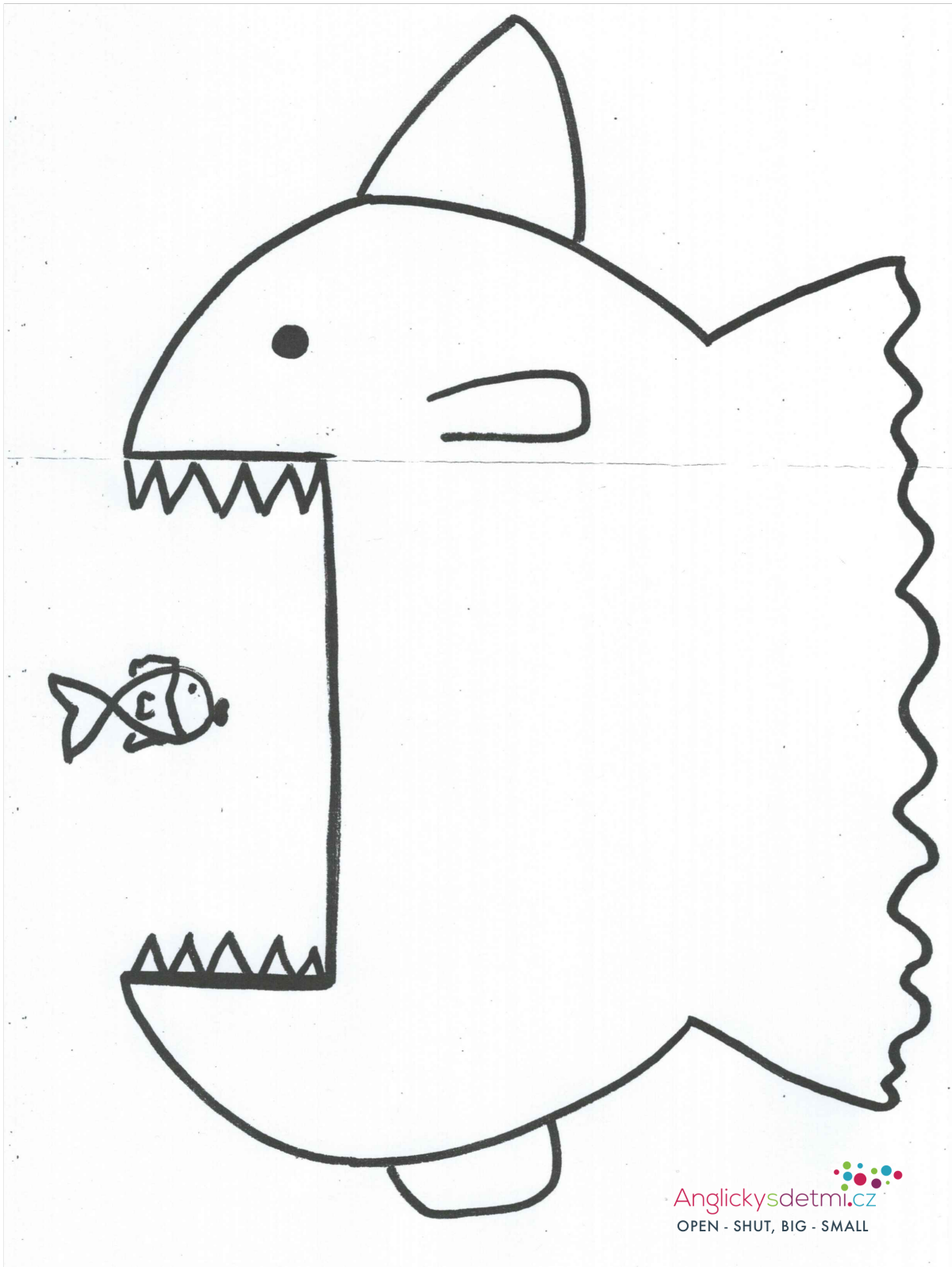
# Printouts

*play with English*

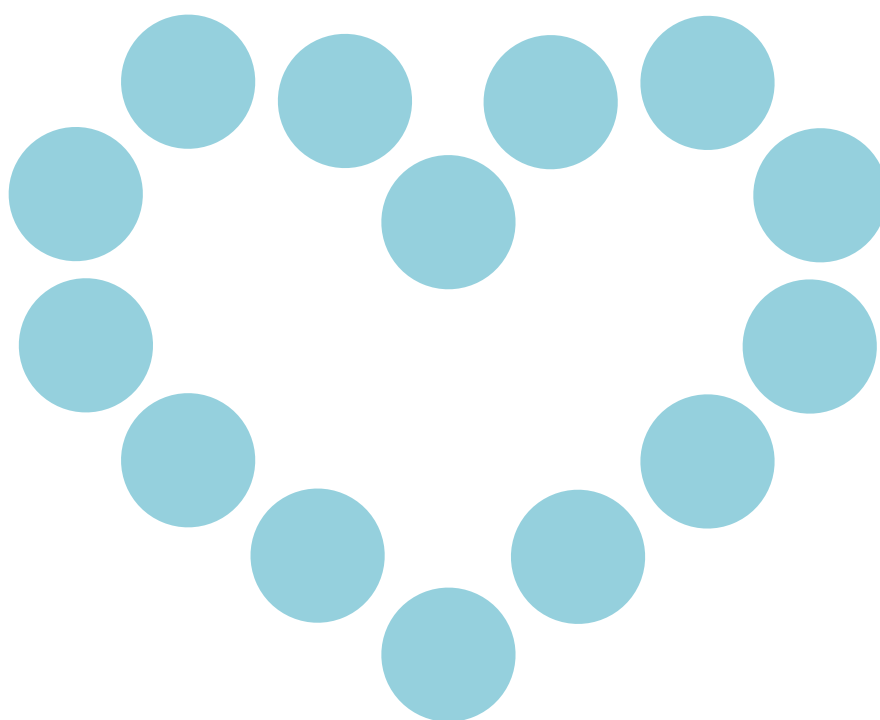




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RABBIT, CARROT, MOUTH, OPEN-SHUT



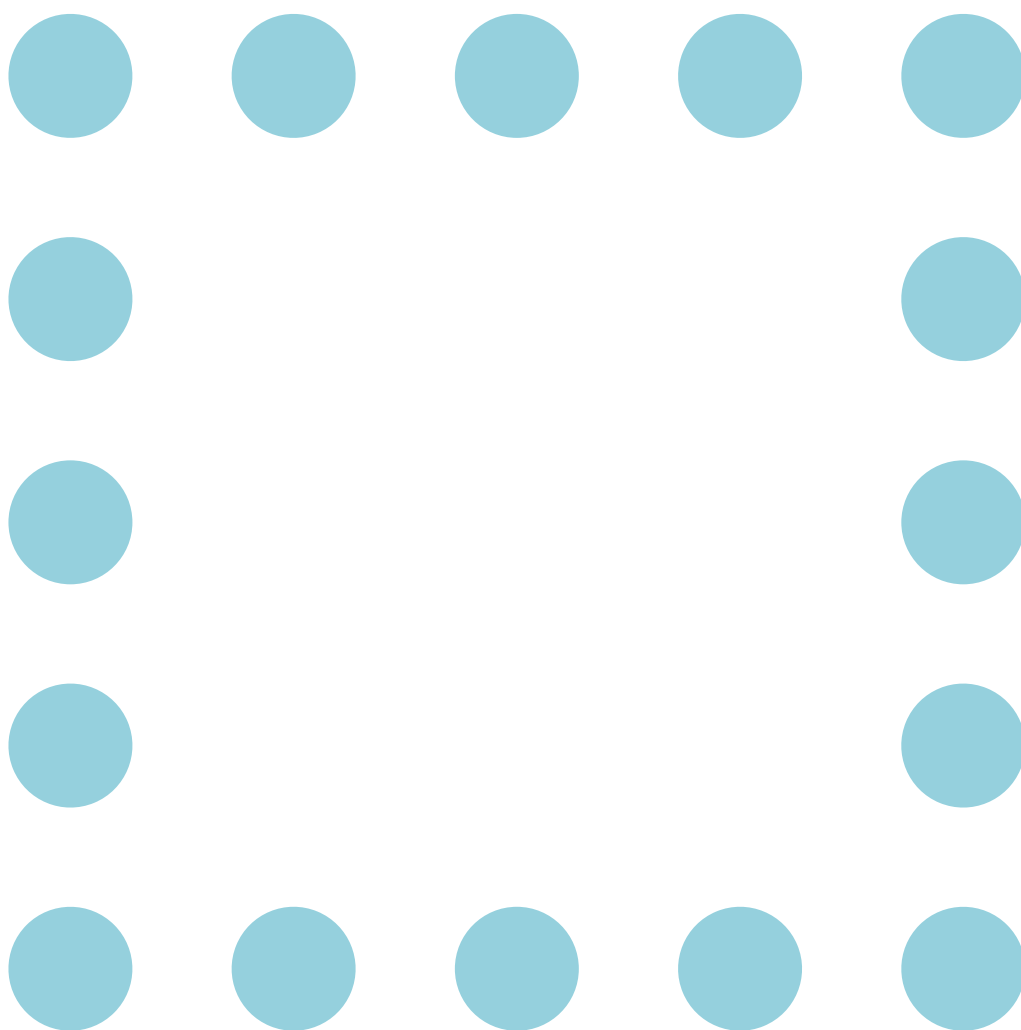




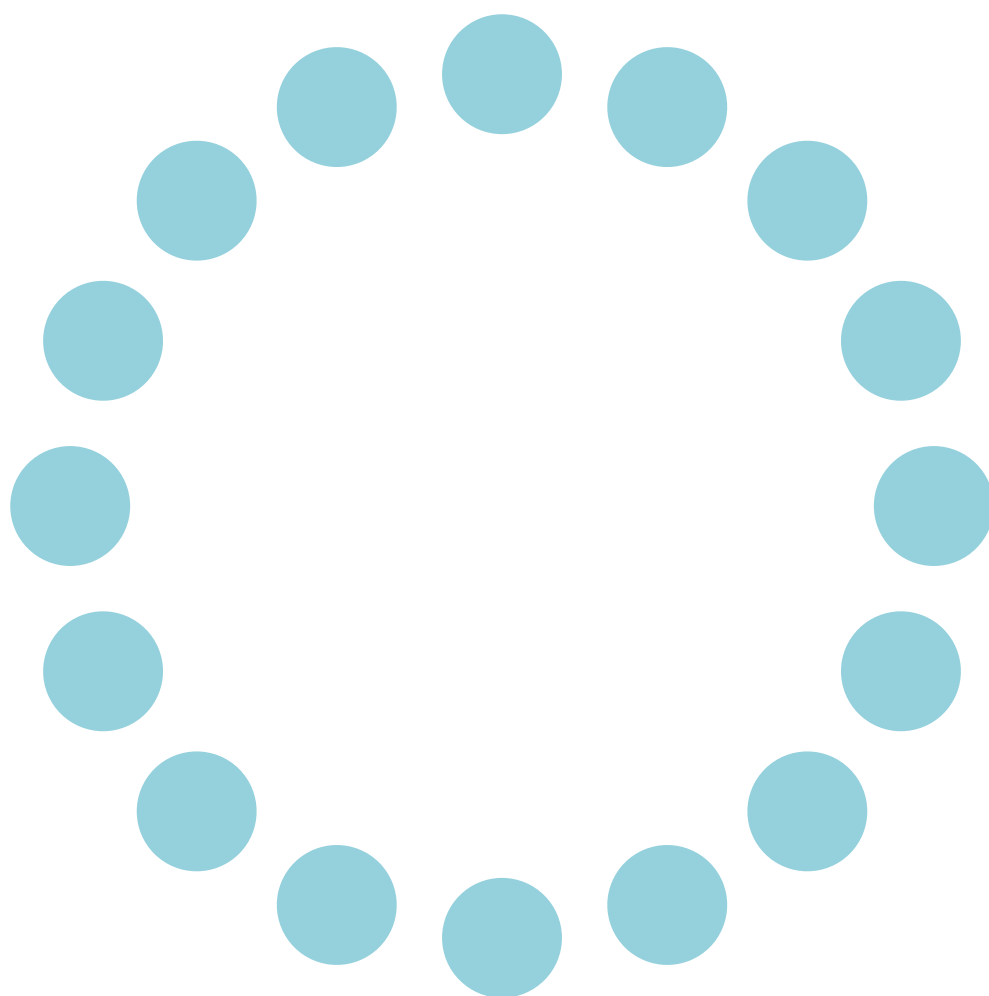
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MAKE A HEART, PUT ON FLOWERS,  
STONES, CHESTNUTS, ACORNS ...





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MAKE A SQUARE, PUT ON FLOWERS,  
STONES, CHESTNUTS, ACORNS ...



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MAKE A CIRCLE, PUT ON FLOWERS,  
STONES, CHESTNUTS, ACORNS ...

# ENGLISH MOMENTS

WITH KIDS

## SINGING SONGS

Having fun singing favourite songs during the day

● ● ● ● ●

## FUN & PLAY

Little game or a fingerplay

● ● ● ● ●

## DIVERSITY

Introducing also English words for the things around, feelings

● ● ● ● ●

## A LITTLE CHAT

Using English to communicate  
Do you want this? Here you go.

● ● ● ● ●

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## WATCHING

Songs and stories

● ● ● ● ●

## DINING

Are you hungry?

● ● ● ● ●

Drink? Yes?

● ● ● ● ●

Good? More?

● ● ● ● ●

## WASHING

Wash your hands

● ● ● ● ●

Let's take a bath

● ● ● ● ●

Brush your teeth

● ● ● ● ●

## DRESSING

Put on your ...

● ● ● ● ●

Shall I help?

● ● ● ● ●

Take off ....

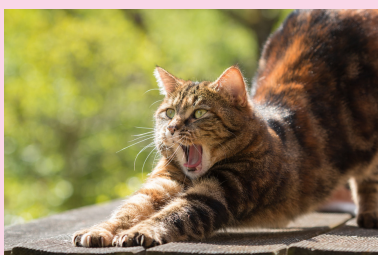
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## READING

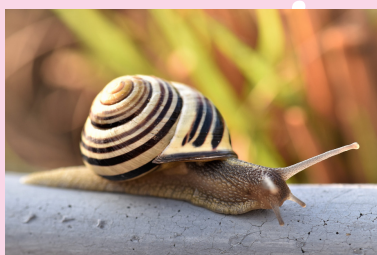
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# The English Menu

NA POHODU



GOOD MORNING!  
WAKE UP!  
*Dobré ráno! Vstávat!*



LET'S GO!  
HURRY UP!  
*Pojďme! Honem!*



GET DRESSED!  
PUT YOUR SHOES ON!  
*Obleč se! Obuj si boty!*



WHAT? I DON'T  
UNDERSTAND!  
*Co? Nerozumím!*



WASH YOUR HANDS!  
GO NOW!  
*Umyj si ruce! Běž hned!*



SIT DOWN!  
IT'S TIME TO EAT!  
*Sedni si! Je čas se najíst!*



QUIET!  
THAT'S ENOUGH!  
*Ticho! To stačí!*



CLEAN UP!  
PICK UP YOUR TOYS!  
*Uklízet! Posbírejte si hračky!*



GOOD NIGHT!  
SWEET DREAMS!  
*Dobrou noc! Sladké sny!*

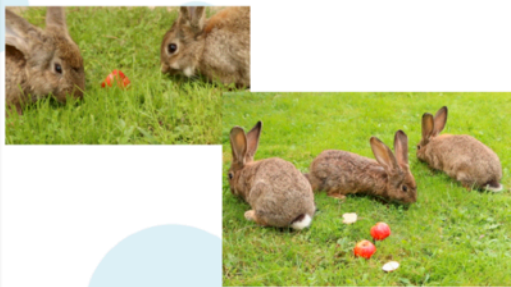
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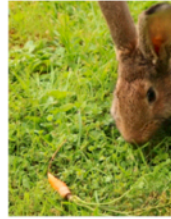
What is it? There! Big ears....oh that's a rabbit! He has a soft fur and a little white tail.



Oh, no! Where is the rabbit? Behind the stone? Shh, be quiet! Come to me!



Look there are two rabbits. And now there are three! One, two, three. They eat grass and red apples.



"I like grass and hay (dry grass) and carrots. Yummy." How about a lollipop? NO! I like dry bread too, but I am thirsty now, I want some water.



There! You got him. Where are you going rabbit? Wait for me!