

¡Mi Cuerpo! (My Body)

Join Rosa the parrot on an adventure to learn the names of our body parts in Spanish! Can you point to your own parts as you read along?

- **La cabeza** is the Spanish term for the head. If you are pointing to your head, you are touching your **cabeza**.
- **Los hombros** are your shoulders. You can shrug your **hombros** when you are unsure about something.
- **Las rodillas** are your knees. These help you to bend your legs when you are running or jumping.
- **Los pies** are your feet. They carry you everywhere you need to go during the school day.
- **La cara** is the word for face. Your face includes your eyes (**los ojos**), nose (**la nariz**), and mouth (**la boca**).

Did you know? Did you know? In Spanish, body parts often use definite articles (el, la, los, las) instead of possessive pronouns like 'my'. So, instead of saying 'my head', Spanish speakers usually say 'the head' (la cabeza) when talking about themselves!

Key vocabulary: La cabeza - The head · Los hombros - The shoulders · Las rodillas - The knees · Los pies - The feet · Los ojos - The eyes · Las orejas - The ears · La boca - The mouth · La nariz - The nose