

ACTIVITY

NATIONAL I LOVE MY FEET DAY: AUGUST 17 **CELEBRATE YOUR FEET!**



[Image by One Life from Pixabay](#)

Grade Levels: PreK through Primary Grades

Age Levels:

- Birth-36 months (infant/toddler)
- PreK 3-5 yrs (preschool)
- 5-6 yrs (kindergarten)
- 6-8 yrs (primary)

NATIONAL I LOVE MY FEET DAY HISTORY

Have you ever thought about how important feet are? For many of us, feet enable us to balance, walk, dance, and play sports among other things. In fact, feet are so amazing that some people can use their feet as well as others use their hands. For example, artist [Sheri Caldwell](#) lost the use of her arms at age 6, due to polio, and at age 10 learned how to paint with her feet and is now a professional artist. There is even an [international organization](#) that is dedicated to artists who paint with either their mouth and/or their feet!

[Carolyn D. Jenkins](#) realized just how important feet are and submitted a proposal to give them a day of celebration, care, and pampering. In 2015, the National Register of the Calendar of Days approved August 17th as Annual [National I Love My Feet Day](#)

WHAT TOOLS AND MATERIALS DO I NEED?

- Tempera Paints
- Paper (butcher paper preferred but any thick paper can work)
- Markers
- Bucket of water
- Towels or rag for cleanup
- Large paint brush or rag for applying paint to feet

* This could get messy so you may want to either lay out some newspaper or do this activity outside and dress your child in clothes that can get dirty.

WHAT SHOULD I DO?

1. **Brainstorm** with your child all the things they appreciate about their feet and what they can do.
2. **Write down** key ideas that your child shares with you.
3. **Help your child to paint the bottom of their feet** with the tempera paints.
4. **Instruct** your child to walk on/paint the paper with their feet.
5. **Dialogue:** As you are enjoying this activity with your child, engage them in conversation by asking them questions such as: 1) What do your feet feel like?, 2) What colors do you see?, 3) Is this difficult, why or why not?

For another way to do this activity see: [Painting with Feet](#) by Meredith at [Homegrown Friends Studio](#).

Tags:

- Art
- Gross motor skills
- Parent-led activity

Developer:

Beth Powers

Credit:



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