

Head, Shoulders, Knees, and Toes

Playfully ♩ = 72-112

Head, shoul - ders, knees, and toes, knees and toes, knees and toes,

Head, shoul - ders, knees, and toes, eyes, ears, mouth, and nose.

Sing song and point to parts of the body. Or sing slowly and move parts of the body as they are mentioned. For example, nod head, shrug shoulders, bend knees, stand tiptoe, and so forth.

Words and music: Anon.

To Get Quiet

Merrily ♩ = 152-168

One, two, I stretch up tall; Then I turn a - round.

Three, four, I sit up tall And nev - er make a sound.

Improvise actions as suggested by the words.

Words and music: Moiselle Renstrom, 1889-1956

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