

Singing — Head, Shoulders, Knees and Toes

Activity Sheet

Base Sheet

Learning action songs that combine music with body awareness. 'Head, Shoulders, Knees and Toes' teaches body parts through movement and rhythm.

What You Need:

- Open space for movement
- Optional: picture cards of body parts

Steps:

1. Sing 'Head, Shoulders, Knees and Toes' slowly with motions.
2. Touch each body part as you sing.
3. Repeat faster each time.
4. Add a round where you whisper one body part instead of singing.
5. Try 'If You're Happy and You Know It' as a second song.
6. Let the child suggest motions for the second song.

Work Space:

