

Head, Shoulders, Knees and Toes



Learner Goals

I can identify my body parts

Lyrics

Heads, shoulders, knees and toes, knees and toes

Heads, shoulders, knees and toes, knees and toes

And eyes, and ears and mouth and nose

Heads, shoulders, knees and toes, knees and toes



Activity

Sit on the floor facing your child and show them how to extend their feet in front of their body. If your child cannot stretch to reach their feet, they can bend their knees and be able to do the song just the same. Do it together at whatever pace works best for your child. Follow their lead!

This playful song helps your child identify parts of their body with you. It not only helps them to imitate your motor motions, but it allows them to have some fun on the floor with their favorite playmate - YOU. Young children love repetitive songs and the ability to move around. If your child prefers, they can do this standing, too!

Our music videos provide an opportunity for YOU to learn a new song so that you can sing it face-to-face with your child. Your child likes your voice best, so share your voice as you enjoy this song together.

