



just 10 minutes

Song Card Notebook

www.justtenminutes.org

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.



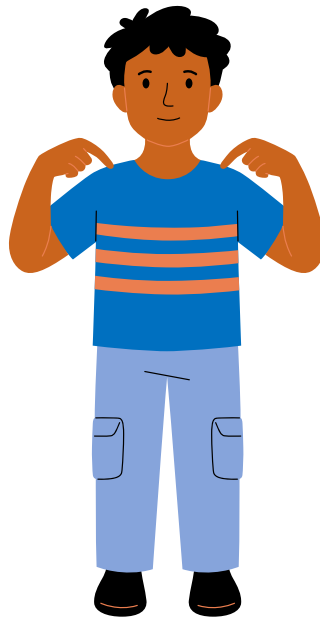
Character Song Card

Head, Shoulders, Knees and Toes

Our character song cards are a fun and beneficial way to bring music and connection into your family's routine. They empower your child to choose songs for you to sing together, making music a collaborative and joyful experience.



Head, Shoulders, Knees and Toes



Making Your Cards Last:

To get started, simply print the cards, trim them, and cover them with packing tape to make them durable for little hands. Storing them in a small bag makes it easy to bring your "Bag of Songs" along in the car, your purse, or a diaper bag.

How They Benefit Your Child:

Boosts Early Literacy:

As your child chooses a card, they begin to connect a picture with a specific song. This is a foundational step in understanding that pictures have meaning, which is a crucial early literacy skill.

Fosters Predictability & Security:

This simple, shared routine of choosing and singing songs offers your child the predictability, structure, and connection they crave. These experiences help to soothe and regulate their feelings, making them feel safe and understood.

Provides a Great Diversion:

Your "Bag of Songs" is a perfect, on-the-go tool to help with tricky moments like car rides or waiting at the doctor's office.





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More Magic Awaits!

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