



Head, shoulders, knees and toes



Head, shoulders, knees and toes,
Knees and toes.

Head, shoulders, knees and toes,
Knees and toes,
And eyes and ears and mouth and nose.

Head, shoulders, knees and toes,
Knees and toes.





About the rhyme

This rhyme is a well-known action song that helps children become familiar with the names of different body parts.

Activities

- Touch the different parts of your body named in the rhyme as you sing or say the rhyme together.
- Repeat the rhyme and keep doing the actions, but each time leave out the name of one body part from the line, "Head, shoulders, knees and toes". The first time say, "shoulders, knees and toes". The next time say, "knees and toes". And the next time, say only, "toes".
- Invite your children to draw a picture of themselves. Encourage them to include the body parts from the rhyme. When they have finished drawing, ask, "Can you tell me about your picture?" Take time to listen to your children as they describe their pictures or tell stories about them.

