

# Intloko, amagxa • Head, shoulders

Intloko, amagxa  
Isifuba nesinqe  
Amadolo nenzwane  
Amadolo nenzwane.



Head, shoulders  
Chest and waist  
Knees and toes  
Knees and toes.





# Malunga nesicengcelezo

Esi sisicengcelezo esiculwayo esimalunga namalungu ohlukeneyo omzimba: intloko, amagxa, isifuba, isinqa, amadolo neenzwane.

## About the rhyme

This rhyme is a song about different parts of the body: head, shoulders, chest, waist, knees and toes.

## Imisebenzi

- Nikunye nabantwana bakho, bambani ezi ndawo zomzimba kuculwa ngazo nihambelane nengoma.
- Phindani isicengcelezo nimane nitsiba ilungu lomzimba elithile.
- Cela abantwana bazizobe. Ubacebise ukuba mabafake la malungu omzimba akwesi sisicengcelezo kulo mzobo wabo. Xa begqibile ukuzoba, babuze: ningandincokolela ngale mizobo? Yonwabela abantwana bekubalisela ngemizobo yabo okanye bebalisa ibali ngayo.

## Activities

- Together with your children, touch your head, shoulders, chest, waist, knees and toes as you say or sing the rhyme.
- Repeat the rhyme, leaving out one of the actions each time. For example, the first time you repeat it, touch only your shoulders, chest, waist, knees and toes. Next time, touch only your chest, waist, knees and toes, and so on.
- Invite your children to draw pictures of themselves. Suggest that they include the body parts mentioned in the rhyme. When they have finished drawing, ask, "Can you tell me about your picture?" Have fun listening to your children describing their pictures or telling a story about them.

