



# MOVE PLAY & LEARN

## Head, Shoulders, Knees and Toes

**Age** Twelve months and on

**Materials** Own body

**Setting** Anywhere; Sitting, standing or lying down!

**Description** Sing the song below with young children, “Head, Shoulders, Knees and Toes.” With the young toddler, as you sing it, touch the child’s corresponding body parts. As the child ages, sing together, modeling the actions. Helping him or her to touch his or her body parts as needed. With practice, the older toddler, at three years will be able to sing it with you and follow along independently. Have fun with the song and use it to teach a variety of concepts. For example, you can sing it “fast” and “slow.” You can do it “high” (standing) or “low” (lying down). You can sing it using a “loud” or “quiet” voice.

*Head, shoulders, knees and toes, knees and toes*

*Head, shoulders, knees and toes, knees and toes*

*Eyes, and ears, and mouth and nose*

*Head, shoulders, knees and toes, knees and toes*

### Learning Outcomes

**Large (Gross) Motor** The toddler plays actively, practicing, exploring, and expanding motor skills and interests through music and singing.

**Music** The toddler enjoys singing simple songs and enjoys the repetition of favorite songs and other musical experiences.

**Social Emotional** The toddler is responsive in interactions and learns in relationships with others. He or she engages in social games with others.

### Did You Know?

Caregivers should model or demonstrate specific actions in ways that encourage participation and present movement challenges. While modeling, use movement vocabulary while directing attention to relevant aspects of the demonstration.

**TODDLERS**