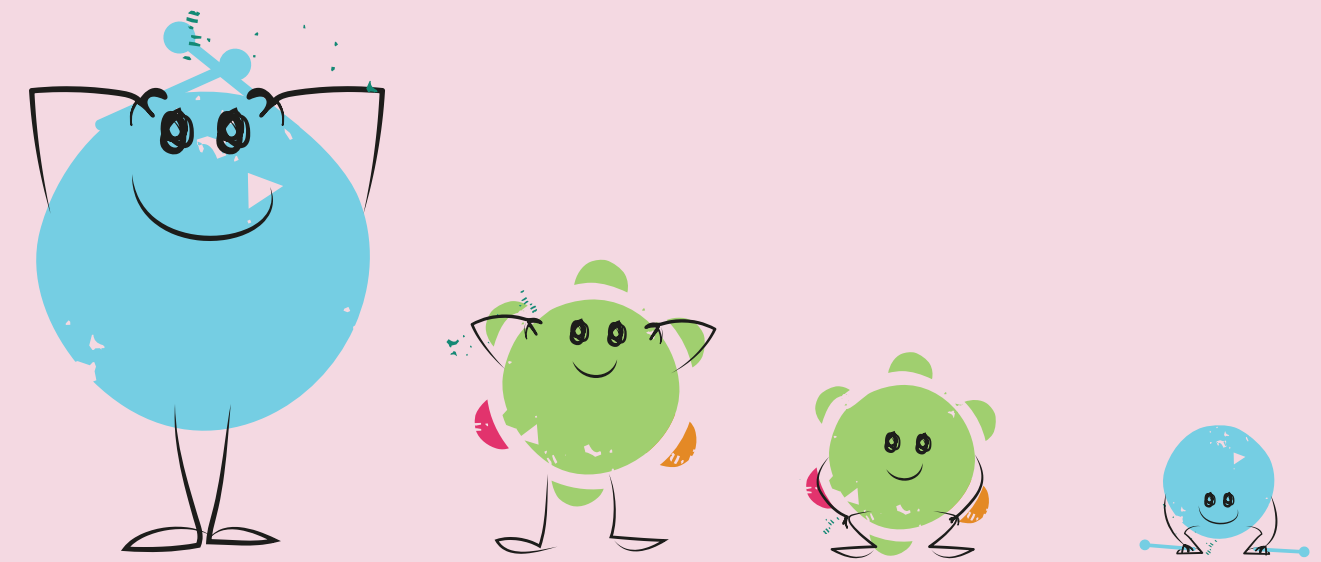
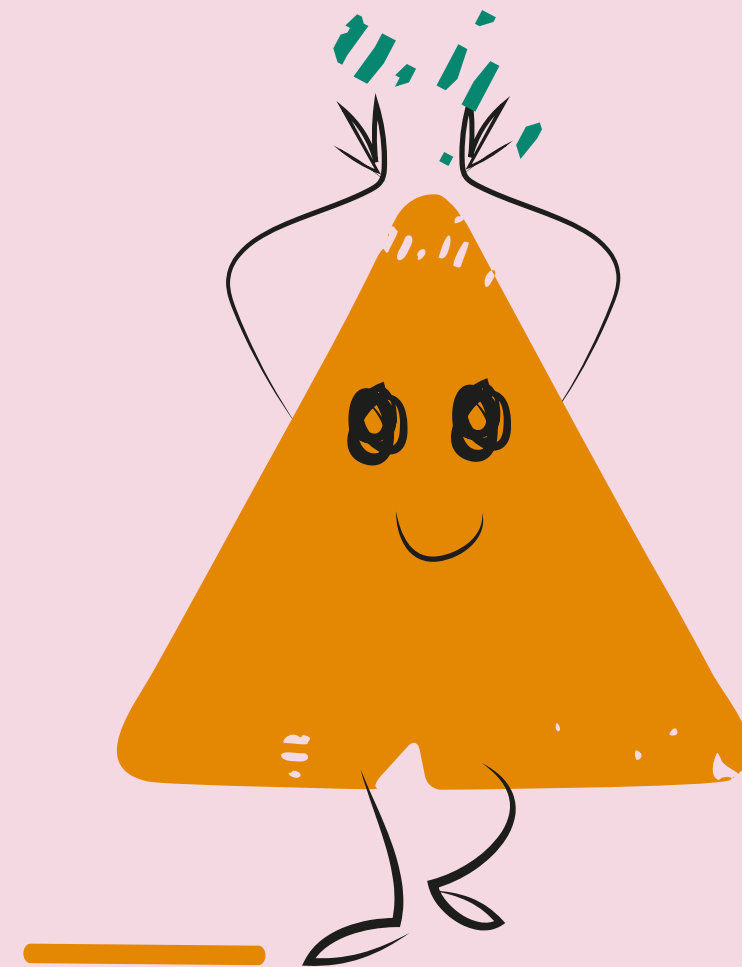


# Head Shoulders Knees and Toes



Sing along  
to the track



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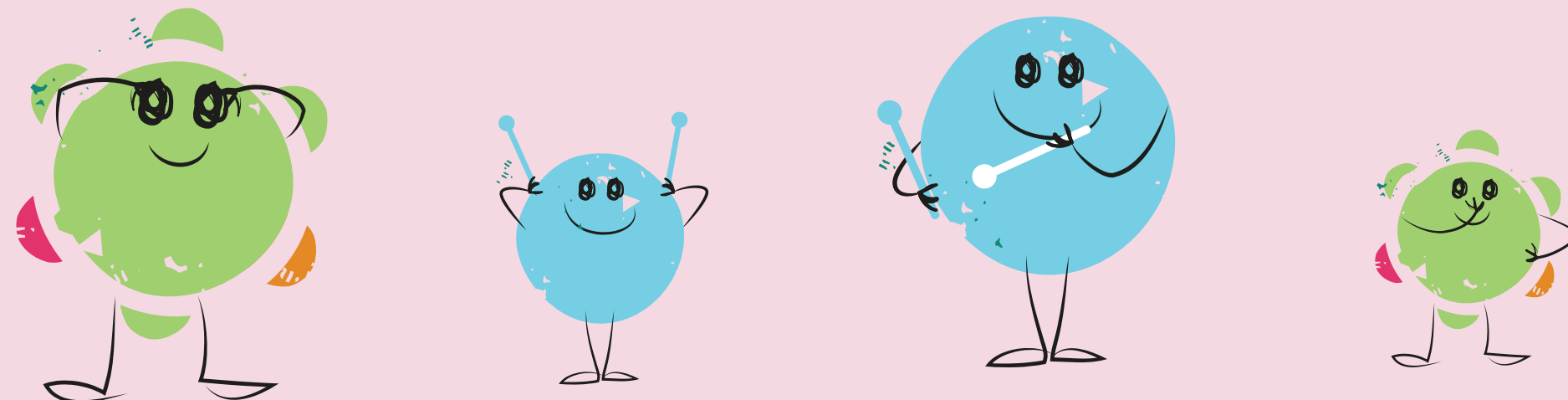
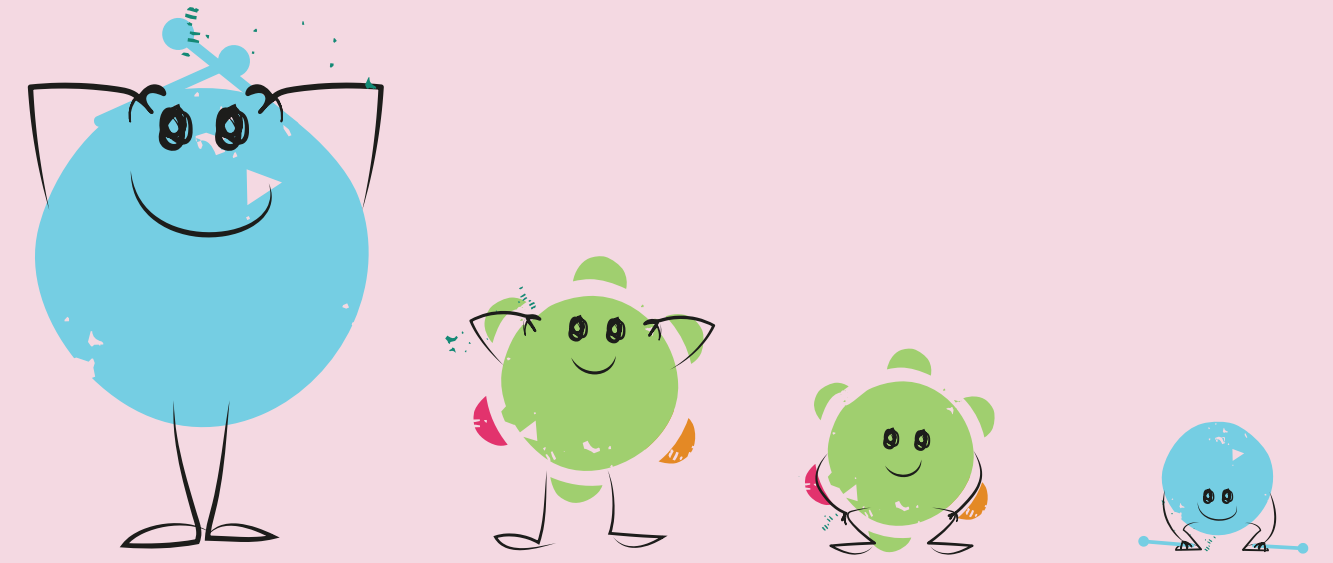
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Head, shoulders knees and toes,  
knees and toes

Head, shoulders knees and toes,  
knees and toes

And eyes and ears and a mouth  
and a nose

Head, shoulders knees and toes,  
knees and toes



Let's have a bit of fun and use  
a different sound for each part  
of your body  
Starting with a 'ruff' for your  
head





, shoulders knees and toes, knees and toes



, shoulders knees and toes, knees and toes



And eyes and ears and a mouth and a nose



, shoulders, knees and toes, knees and toes



knees and toes, knees and toes



knees and toes, knees and toes



And eyes and ears and a mouth and a nose



knees and toes, knees and toes



toes



toes



toes



toes



toes



toes

And eyes and ears and a mouth and a nose





And eyes and ears and a mouth and a nose





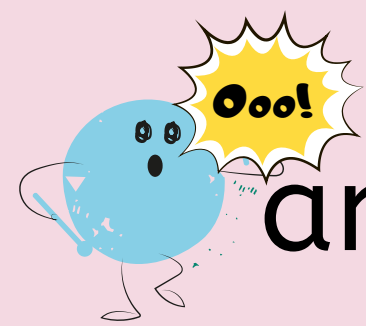
And  and ears and a mouth and a nose

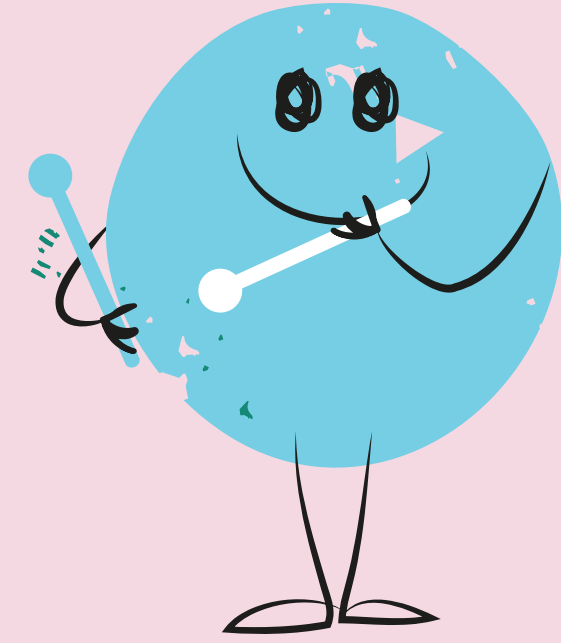






And and and a mouth and a nose





And



and

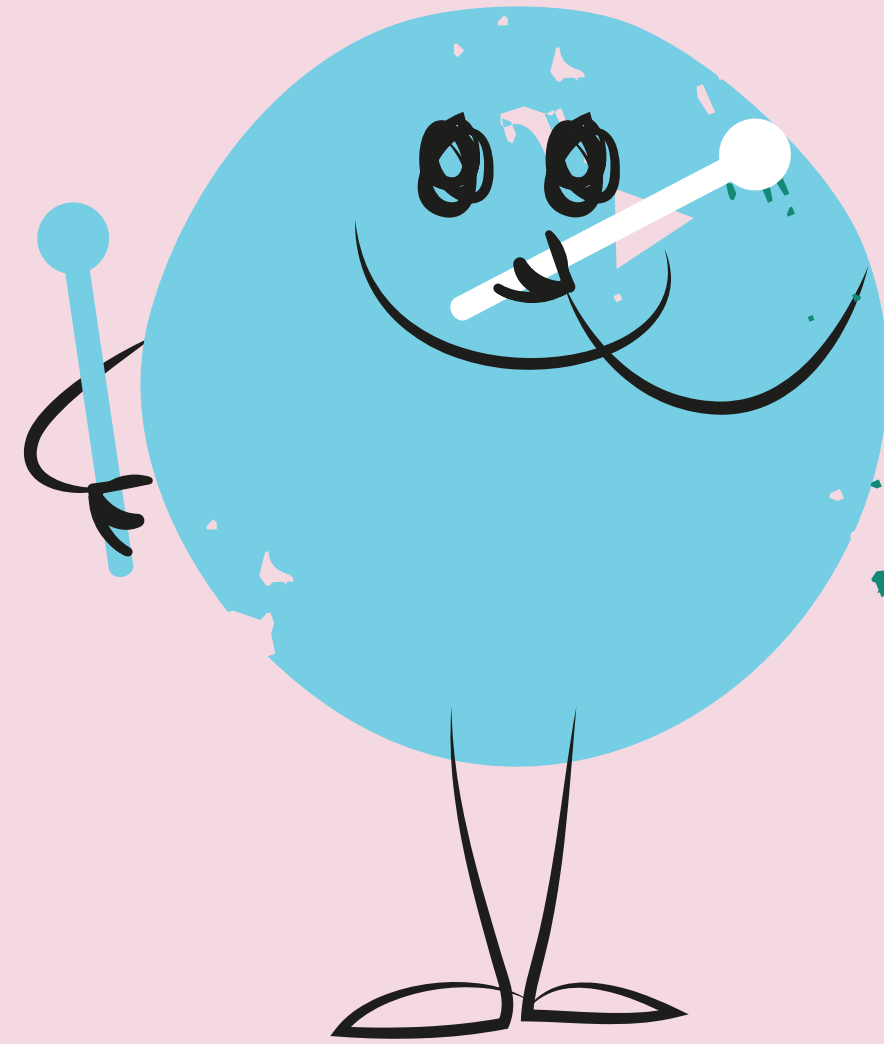


and



and a nose

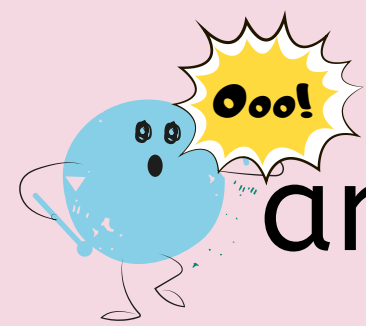




Achoo!



And



and



and



and

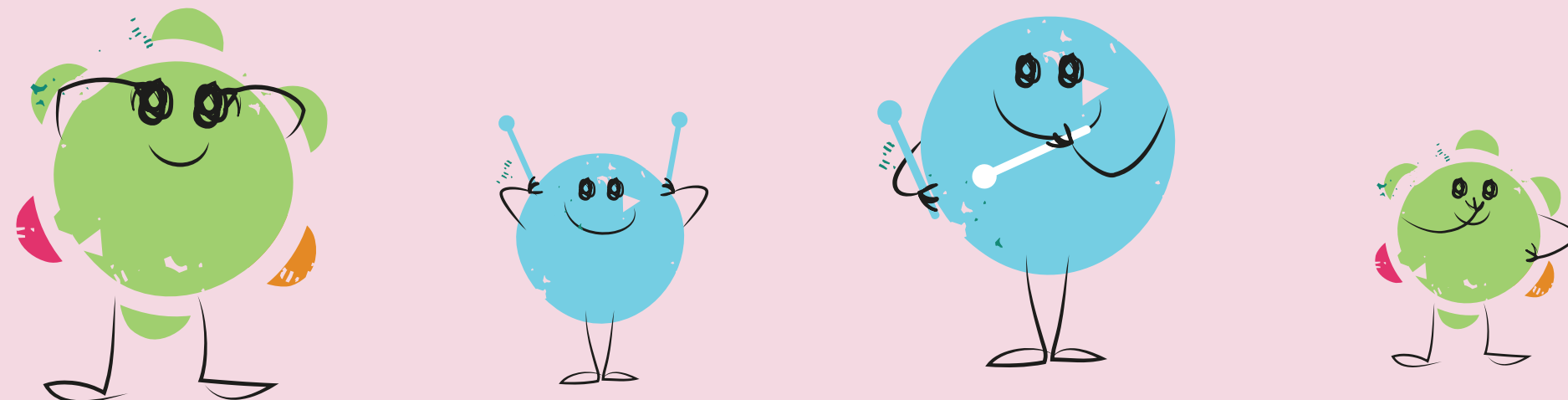
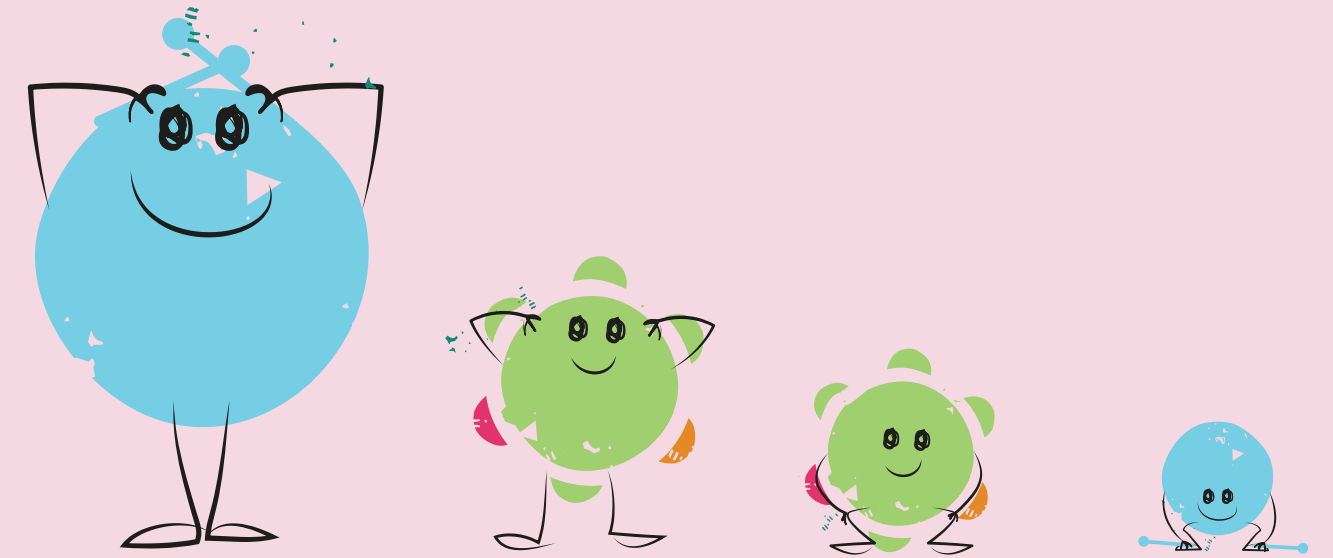


Head, shoulders knees and toes,  
knees and toes

Head, shoulders knees and toes,  
knees and toes

And eyes and ears and a mouth  
and a nose

Head, shoulders knees and toes,  
knees and toes



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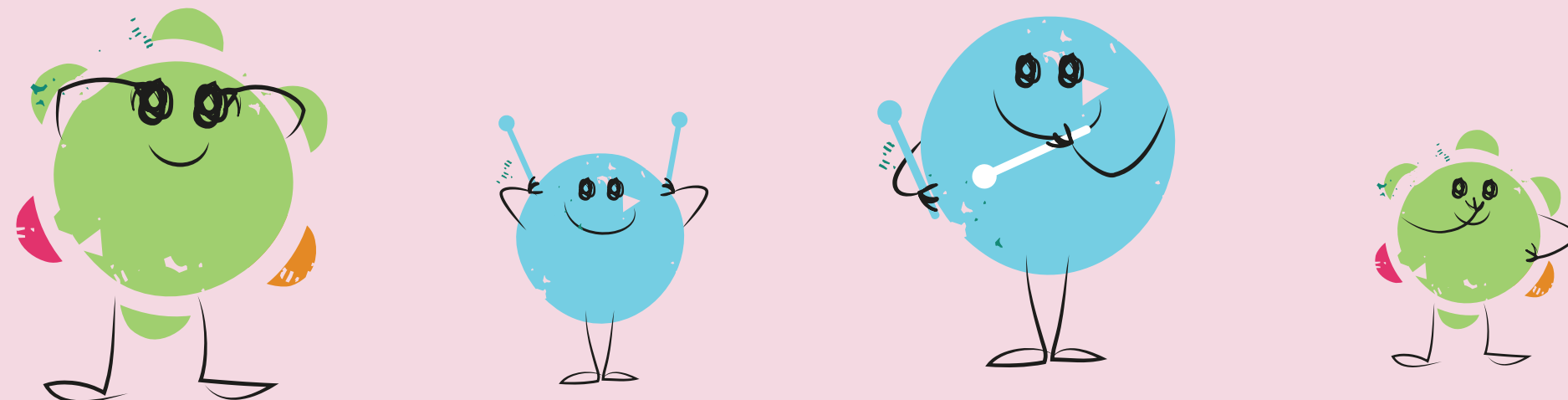
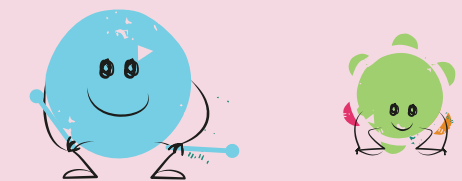
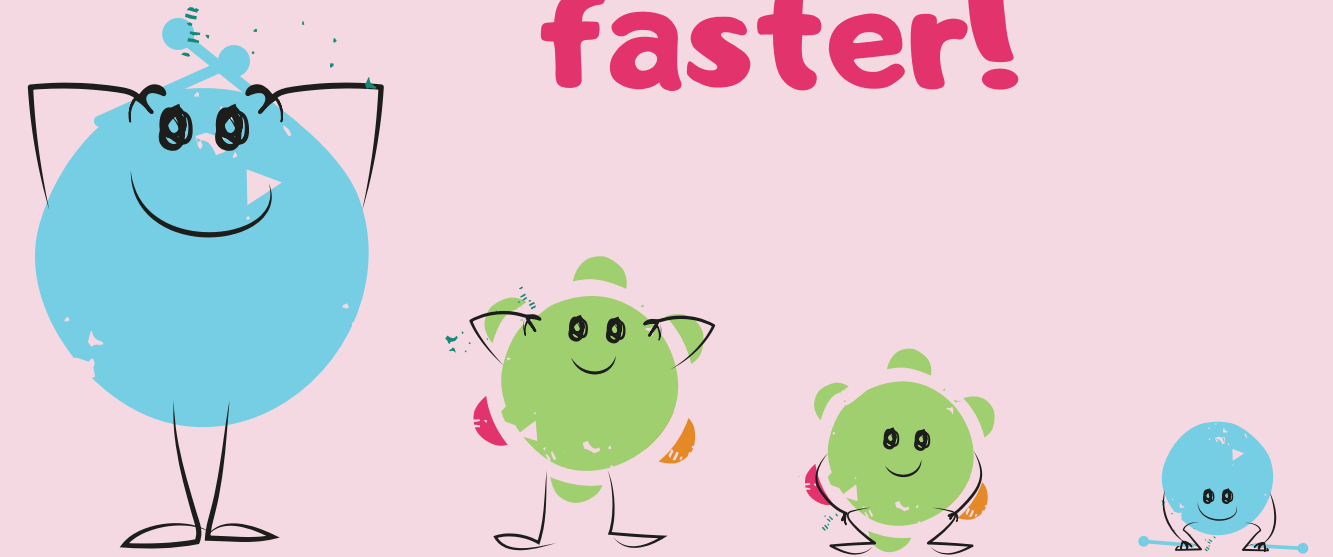
Head, shoulders knees and toes,  
knees and toes

Head, shoulders knees and toes,  
knees and toes

And eyes and ears and a mouth  
and a nose

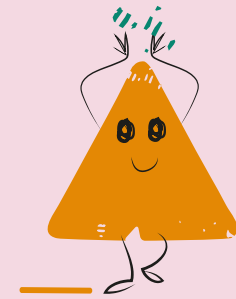
Head, shoulders knees and toes,  
knees and toes

**Okay, Let's go even  
faster!**





Head, shoulders knees and toes, knees and toes  
 Head, shoulders knees and toes, knees and toes  
 And eyes and ears and a mouth and a nose  
 Head, shoulders knees and toes, knees and toes



Ruff, meow boing splat, boing splat  
 Ruff, meow boing splat, boing splat  
 And eyes and ears and a mouth and a nose  
 Ruff, meow boing splat, boing splat



Head shoulders knees and toes, knees and toes  
 Head shoulders knees and toes, knees and toes  
 And eyes and ears and a mouth and a nose  
 Head shoulders knees and toes, knees and toes  
 Head shoulders knees and toes, knees and toes



Let's have a bit of fun and use a different sound for each part of your body  
 Starting with a 'ruff' for your head

Ruff, shoulders knees and toes, knees and toes  
 Ruff, shoulders knees and toes, knees and toes  
 And eyes and ears and a mouth and a nose  
 Ruff, shoulders, knees and toes, knees and toes



Ruff, meow boing splat, boing splat  
 Ruff, meow boing splat, boing splat  
 And Ooo and ears and a mouth and a nose  
 Ruff, meow boing splat, boing splat



Okay, Let's go even faster



Ruff, meow knees and toes, knees and toes  
 Ruff, meow knees and toes, knees and toes  
 And eyes and ears and a mouth and a nose  
 Ruff, meow knees and toes



Ruff, meow boing splat, boing splat  
 Ruff, meow boing splat, boing splat  
 And Ooo and Pardon and a mouth and a nose  
 Ruff, meow boing splat, boing splat

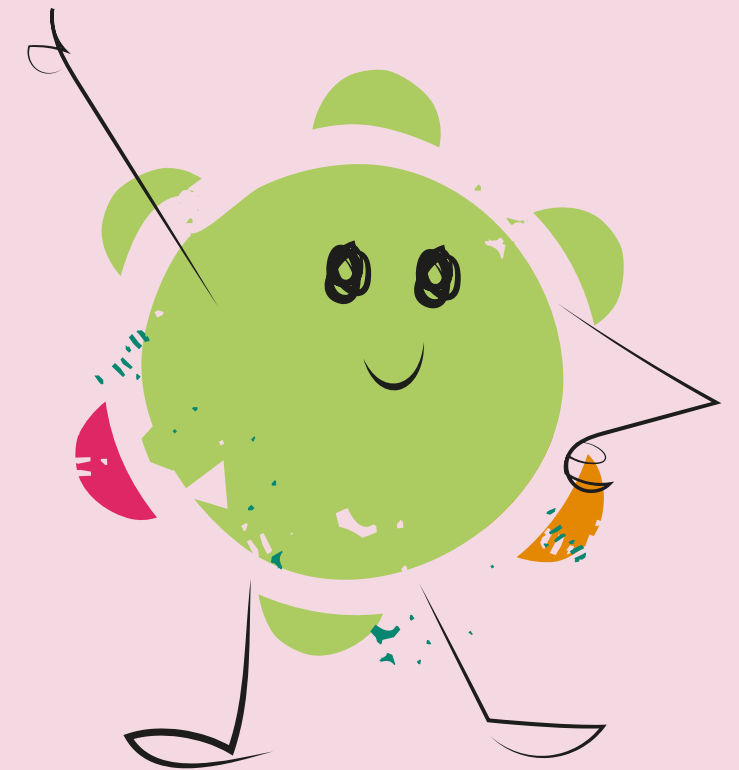


Head shoulders knees and toes, knees and toes  
 Head shoulders knees and toes, knees and toes  
 And eyes and ears and a mouth and a nose  
 Head shoulders knees and toes, knees and toes  
 Head shoulders knees and toes, knees and toes

Ruff, meow boing toes, boing toes  
 Ruff, meow boing toes, boing toes  
 And eyes and ears and a mouth and a nose  
 Ruff, meow boing toes, boing toes



Ruff, meow boing splat, boing splat  
 Ruff, meow boing splat, boing splat  
 and Ooo and Pardon Yippee and Achoo  
 Ruff, meow boing splat, boing splat  
 Head shoulders knees and toes, knees and toes





# Head, Shoulders, Knees and Toes...

## Car Journey Sing a long

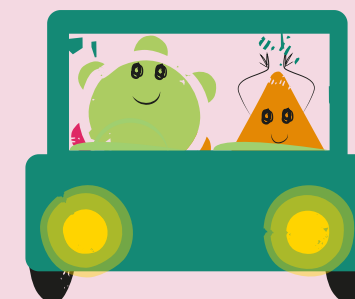
How many other languages  
can you sing this in?  
We'll start you off...



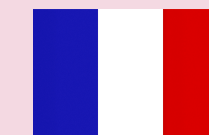
Sing along  
to the track

Our version of Head, shoulders knees and toes encourages you to replace each body part with a sound as you sing along.

Once you have conquered these sounds, why not come up with some sounds of your own. You could base them on a particular topic like animal sounds or transport.



La tête, les épaules, genoux et pieds - **French**



Cabeza y hombros, rodillas y pies,  
rodillas y pies. - **Spanish**



头 (tóu) = head 肩膀 (jiān bǎng) = shoulders  
膝盖 (xī gài) = knees 脚 (jiǎo) = feet  
眼睛 (yǎn jīng) = eyes 耳朵 (ěr duo) = ears  
嘴 (zuǐ) = mouth 和 (hé) = and 鼻子 (bí zi) = nose - **Mandarin Chinese**



## Brain Challenge

Can you sing the song backwards?

Try each section first, then the whole song.  
Toes, knees, shoulders, head, shoulders,  
head (repeat)

And nose, mouth, and ears and eyes

Toes, knees, shoulders head, shoulders, head

Nose, mouth, ears and eyes, ears and eyes

Nose, mouth, ears and eyes, ears and eyes -

and the rest is over to you...

## Other songs to move your body

Have you heard our other songs to challenge your moves?

**Two Things** - two actions at the same time

**Boogie Woogie** - dance moving different parts of your body - watch the video on YouTube

**Them Hands** - another warm up song

**Can you do it too?** - another double action challenge



Click the links to explore!

page 1

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# Head, Shoulders, Knees and Toes...



Sing along  
to the track

## Percussion Activity

Place a selection of instruments on a table.

Play a different instrument for each body part as you sing the song.

Play the different instruments again and ask the children which instrument was played for which body part.

Sing the song again and invite children to play the different instruments in place of the body part.



## A singing game

Sit the children in rows facing each other.

Sing the song together and then choose certain people to do the sounds that replace the body parts. In our song, woof, boing splat etc.

As you repeat the song, those children stand up and call out their sound when it's their turn.

A lot of standing and sitting and laughing!

## RAINY DAY GAME

Roll out a big piece of lining paper on the table.

Someone lies on it and you draw round them. Then everyone can paint the picture and name the body parts as they sing the song.

Click the links to explore!



page 2

## Musical Activity with a Scrunchie/Squirble or lycra

Children sit in a circle, holding the scrunchie and pass it round to the beat as they sing the song.

Remember you can use **dynamics**, singing **loudly and softly** and change the **tempo**, passing it **faster or slower**.

Then suggest actions for particular words e.g heads = lift up scrunchie

knees and toes = row with scrunchie

The rest of the time passing the scrunchie as you sing the song. Adapt to use the lycra by bouncing, swaying from side to side and up and down and rowing to and fro.



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