



Head, Shoulders, Knees and Toes

Age 12 months and older

Materials Own body

Setting Anywhere; sitting, standing or lying down!

Description Sing, “Head, Shoulders, Knees and Toes” with young children. 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 3 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 Motor Skills 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