

# Head, Shoulders, Knees & Toes



## Overview

A nature-based, action song that encourages noticing, touching, smelling, listening, and imagining.



## Activities

All staff sing the traditional Heads, shoulders, knees and toes song.

Then one person replaces each body part with a nature-based prompt:

Heads – look up!

Shoulders – Brush with something natural nearby.

Knees – kneel and notice.

Toes – tap different surfaces with your toes.

## Equipment

Bodies

Voices

An outdoor space

## Key Questions

What did you notice above, around, and below you?

Did you notice anything new/ different?

## Learning Outcomes

To use rhythm and movement to explore the play space.

To develop language communication through song – listen, repeat, follow

## Progression in Learning

- Find something that is, Heads – moving, Shoulders – rough, Knees – tiny, Toes – makes a sound when tapped.
- Continue the song and actions using the senses – eyes, ears, mouth, nose.