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 some-thing 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.