

# Head, Shoulders, Knees & Toes – Grades K-5

Incorporating movement into a musical activity will improve motor skills and relax muscle tension for special-education children. An ideal song for this activity is "Head, Shoulders, Knees and Toes." Encourage children to copy the movements as you sing. For children with limited movement, have them point to laminated body part images as you sing. When finished, practice pointing to and chanting the various body parts to aid memory.

## How it works

The teacher or group leader should demonstrate the song and its movements before asking the student(s) to join in. Go through the sequence —Head, Shoulders, Knees and Toes— with the movements. Once the student seems to have the concept ask them to join in. If you like, you can make it more high-energy by speeding it up. Encourage the students to really go for it by trying to exaggerate the movements and singing out loud with lots of energy.

## What You'll Need

A recording of "Head, Shoulders, Knees & Toes" if you don't want to sing it. Below is a YouTube link to several different versions:

[https://www.youtube.com/results?search\\_query=head+shoulders+knees+and+toes+song](https://www.youtube.com/results?search_query=head+shoulders+knees+and+toes+song)

