

**Chat,  
Play,  
Share**

[Head, Shoulders, Knees and Toes - BBC  
Tiny Happy People](#)

### **Heads, Shoulders, Knees and Toes**

**Heads, shoulders, knees and  
toes, knees and toes.**

**Heads ,shoulders, knees and  
toes, knees, and toes.**

**And eyes and ears and mouth  
and nose.**

**Heads, shoulders, knees and  
toes, knees and toes!**

### **Younger children**

Sit opposite your baby and say their name to get their attention and encourage them to watch your face while you are singing. Sing the song with them.

This is a good song to sing in the bath and point to the parts of your baby's body as you are singing to them. You could tickle them as you point to make them laugh.

Sing the song and make actions slowly for your child to understand and copy. Your toddler may be able to do the actions with you just singing. You could use a teddy or a doll so your child can point to the body parts as they sing.

### **Older children**

Teach your child the song and actions and help them to sing it to friends. How fast can you all sing the song?

When they have sung the song and tried the actions a few times you can then miss out the body parts one by one and replace it with a hum sound. You will end up just doing the actions and humming the song.

Sing the song to your child. See if they notice and alter the action if you change the body part? E.g. Head, shoulders, knees and nose. This is good for practising listening skills.

## Chat Play Share...Other ideas you could try....

Share a book together about this rhyme. Chat about the pictures and story. Examples of books:

- All of Baby – Nose to Toes by Victoria Adler
- Eyes, nose, fingers, toes by Judy Hindley and Brita Granstrom
- Dr.Seuss- Inside your Outside.
- Toes, Ears and Nose lift the flap book by Marion Dane Bauer

### My body

Use the song to help your child learn about their bodies and how they work. Give your child a mirror to look at themselves. Older children could complete the phrases “I am....I feel.... I look....”

Discuss what different parts of your body does and how we all look different and that our bodies work differently.



### Animals

Find pictures of animals and look at their heads, shoulders, knees and toes, eyes and ears and mouth and noses.

Discuss ideas such as:

How do they differ from our body parts?

How do knees work?

How do animals bodies help them to live in the wild?



### Change the words

Look around you. Use what you see to think of ways of changing the words in the song to create new songs? Can your child point to the right object as you sing? For example:

*Roof, windows, walls and doors, walls and doors.*

*Roof, windows, walls and doors, walls and doors*

*And sky and fence and path and bricks,*

*Roof, windows, walls and doors walls and doors.*