

Cumbria County Council
Chat Play Share
Rhymes and songs

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!

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

[Tiny Happy People](#)

Birth – 2 years



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.

2-3 years



Smile and say your child's name to encourage them to watch your face while you are singing. Sing the song and make actions slowly for your child to understand and copy. Your child may be able to do the actions with you just singing. You could use a teddy or a doll for your child to point to as they sing. How fast can you all sing the song?

3-4 years



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.

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

Share a book together about this rhyme:

Chat about the pictures and story.

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

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 to create new songs?

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.