



Head, Shoulders, Knees and Toes

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-heads-shoulders-knees-and-toes/zd9f6v4>

How rhymes help us

- Learn new language
- How to form language
- Learn rhythms
- Identify rhyming words
- Enhance cognitive skills

Please use the information below to support your child's learning at home ☺



Sing along

Head, shoulders, knees and toes,
Knees and toes;
Head, shoulders, knees and toes,
Knees and toes;
And eyes and ears, and mouth and nose,
Head, shoulders, knees and toes,
Knees and toes.

Next - omit saying 'head' and hum instead of saying the word as you complete the actions. As you say the rhyme again, omit the next body part - head and shoulders, humming once more. Continue omitting to say each body part, humming as you go, until each body part is hummed to the rhythm of the rhyme: Head, shoulders, knees, and toes; head, shoulders, knees, and toes; and eyes and ears, mouth and nose; head shoulders knees and toes.

Explore

- Join in with the actions as you sing.
- Which part of your body did you touch first And last?
- Can you repeat this quicker, then even more quickly, then faster still? Are you out of breath?
- <https://www.youtube.com/watch?v=WX8HmogNyCY>
- Find other body parts: back, fingers, tummy, elbow, neck
- What foods do you eat to keep you healthy?



Have fun

- Use playdough/collage resources to create your favourite meal on a plate.
- Sort 10 items of food into healthy and unhealthy foods (if you ate them every day).
- Set up an obstacle course in your garden and have fun with your family to complete it.
- Make a fruit salad with your grown-up.