



Body Parts

Sing songs about body parts and have children label the parts of their bodies. For example,

(Touching each part as sung)

Head, shoulders, knees, and toes.

Head, shoulders, knees, and toes.

Eyes, and ears, and mouth, and nose.

Head, shoulders, knees, and toes.

(Moving each body part as described)

I wiggle my fingers,

I wiggle my toes,

I wiggle my hands,

I wiggle my nose.

Now the wiggles are out of me.

I'm as still as I can be!

Switch for different movements (e.g., shake, bend, touch), and different body parts (e.g., head, knees, elbows).

More Support: Repeat the words in the body parts songs. "Head... touch your head (*pause*)! Shoulders... touch your shoulders (*pause*)!"