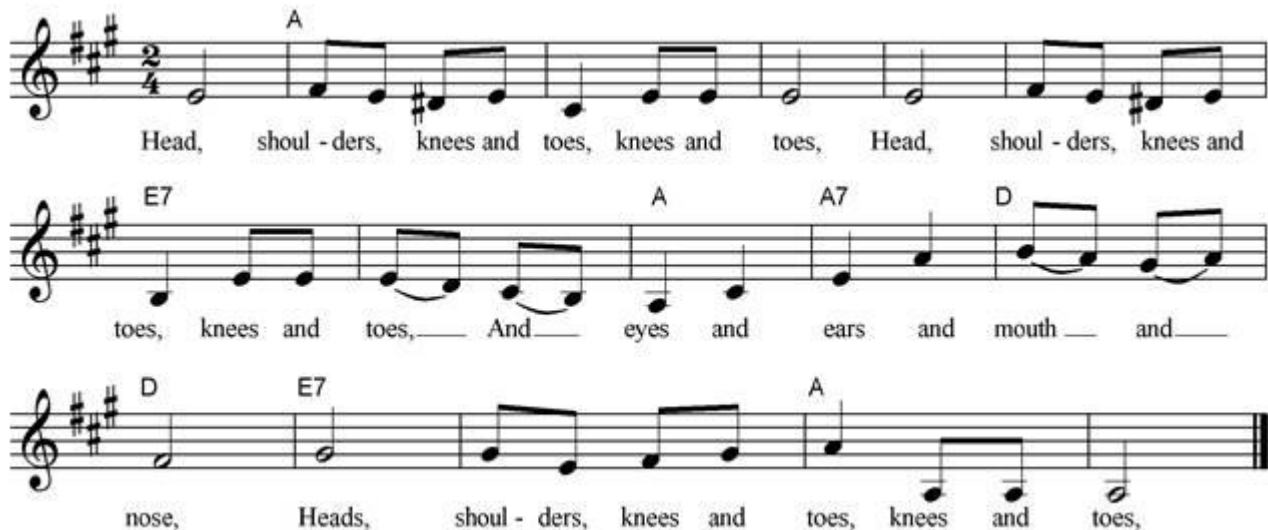


Head, shoulders, knees and toes

<https://riverofsong.uk/>

A very popular action rhyme.

First time sing the song all the way through touching each part of the body as it is sung. Second time omit the word 'head' but touch all parts of the body as before. Continue missing out a new part of the body each time until there is no singing and only actions in the last but one verse. Finally sing all the words and make each movement as in the first verse.



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.