

OTHER SONGS TO SING

Have you heard our other songs to challenge your moves

Two Things - two actions at the same time

Boogie Woogie - dance moving different parts of your body

Them Hands - another warm up song

Can you do it too? - another double action challenge



How many other languages?

We'll start you off...

La tête, les épaules, genoux et pieds - **French**

Cabeza y hombros, rodillas y pies,
rodillas y pies. - **Spanish**

**Head,
Shoulders,
Knees and**

头 (tóu) = head 肩膀 (jiān bǎng) = shoulders 膝盖 (xī gài) = knees 脚 (jiǎo) = feet 眼睛 (yǎn jīng) = eyes 耳朵 (ěr duo) = ears 嘴 (zuǐ) = mouth 和 (hé) = and 鼻子 (bí zi) = nose - **Mandarin Chinese**

Toes...



A FUN CHALLENGE FOR CHILDREN AND ADULTS

Try using other sounds to replace the body parts. Maybe just farm animals or transport noises



RAINY DAY GAME



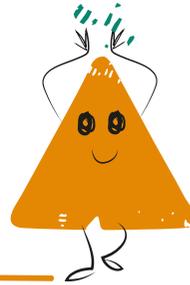
Roll out a big piece of lining paper on the table .
Someone lies on it and draw round them. then everyone can paint the picture and name the body parts.

Playing together

Sit the children in rows facing each other.

Sing the song together and then choose certain people to do the sounds that replace the body parts. In our song, woof, boing splat etc.

As you repeat the song, those children stand up and call out their sound when it's their turn. A lot of standing and sitting!



Head,
Shoulders,
Knees and
Toes...

MUSICAL ACTIVITY WITH A SCRUNCHIE/SQUIRBLE

Children sit in a circle, holding the scrunchie and pass it round to the beat as they sing the song.

Remember you can use **dynamics**, singing loudly and softly and change the **tempo**, passing it faster or slower.

Then suggest actions for particular words e.g
heads = lift up scrunchie
knees and toes = row with scrunchie

The rest of the time passing the scrunchie as you sing the song

