

Body Poems & Songs



Head Shoulders Knees and Toes

Head shoulders, knees and toes,
Knees and toes,
Head shoulders, knees and toes,
Knees and toes,
Eyes and ears and mouth and
nose,
Head shoulders, knees and toes,
Knees and toes.

Ankles, elbows, feet and seat,
Feet and seat,
Ankles, elbows, feet and seat,
Feet and seat,
Eyes and ears and mouth and
nose, Head shoulders, knees
and toes,
Knees and toes.

Head Shoulders Knees and Toes

Do Your Ears Hang Low

Do your ears hang low?
Do they wobble to and fro?
Can you tie them in a knot?
Can you tie them in a bow?
Can you throw them o'er your
shoulder
like a Continental Soldier?
Do your ears hang low?



Do Your Ears Hang Low?

The Hokey Pokey

You put your right hand in
You put your right hand out
You put your right hand in
And shake it all about,
You do the Hokey Pokey
And you turn yourself about,
That's what it's all about.

*Continue by putting in all the other
parts of the body, and finish up with
your whole self!*



Hokey Pokey

Five fingers on this hand.

hold up one hand



Five fingers on that:

hold up the other hand



A dear little nose.

point to nose



A mouth like a rose.

point to mouth



Two cheeks so tiny and fat.

point to each cheek



Two eyes, two ears *point to each*



And ten little toes;

point to toes



That's the way the
baby grows.



Five Fingers

(Sing to tune of B-I-N-G-O)

My arms have parts that bend and move
Every time I use them.

Shoulder, elbow, wrist and hand.

Shoulder, elbow, wrist and hand.

Shoulder, elbow, wrist and hand.

And this is how I move them!

My legs have parts that bend and move
Every time I use them.

Knee, ankle, heel and foot

Knee, ankle, heel and foot

Knee, ankle, heel and foot

And this is how I move them!

My trunk has parts that bend and move
Every time I use them.

Neck, back, waist and hips

Neck, back, waist and hips

Neck, back, waist and hips

And this is how I move them!

I'm made of parts that bend and move
Every time I use them.

Shoulder, elbow, wrist and hand..

Knee, ankle, heel and foot.

Neck, back, waist and hips

And this is how I move them!

Parts that Bend

This is the Way

This is the way we wash our hands,

Wash our hands, wash our hands.



This is the way we wash our hands

So early in the morning
(simulate washing hands).

This is the way we brush our teeth... (simulate brushing teeth).



This is the way we exercise....
(do jumping jacks).



This is the way we take a nap... (tilt head, place on folded hands).

This is the way we eat good food... (simulate spooning food into mouth).



This is the way we take a bath... (rub arms as if washing).

(Sung to "The Mulberry Bush")

This Is The Way