
















HEAD, TOES, KNEES, AND SHOULDERS?

Practice focus, impulse control and self-regulation with this mixed up version of Head, Shoulders, Knees and Toes. Practice singing the song, but do the actions the boy is performing instead of the traditional song. It will require concentration and focus to touch your toes while you sing "head". Give it a try! (Don't forget to repeat the actions at knees and toes, knees and toes.)

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