


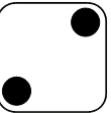

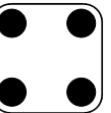
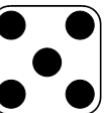

body movement break

This is a movement break activity based on the “Head, Shoulders, Knees, and Toes” song.

This activity is intended to get kids moving while also helping them to learn their body parts.

INSTRUCTIONS:

- Roll dice. The first roll will be to identify a body part to replace “head” in the song. The second roll corresponds to “shoulders”, third roll with “knees”, and final roll for “toes”.
 - Once you have 4 new body parts, insert the new body parts into the song.
 - Sing the song aloud while identifying the body parts as they are sung. It may take a few tries to get it right!
- *If you have extra dice and markers you can color your dice to match the chart.*

		HEAD (replace with)	SHOULDERS (replace with)	KNEES (replace with)	TOES (replace with)
1		FEET	BELLY	THIGHS	RIBS
2		SHINS	EARS	WRISTS	PALMS
3		BACK	NECK	HIPS	HEELS
4		HEART	KNEES	BUTT	THUMBS
5		FOREHEAD	TOES	ELBOWS	SHOULDERS
6		CALVES	HAIR	FINGERS	ANKLES