



Mix Up the Body Song

Sing the familiar body song in a new order. Listening instead of following the usual sequence turns touching each body part into a playful word challenge.

Helps Your Child Grow



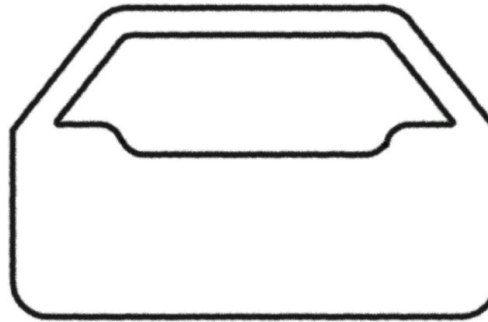
Vocabulary

Hearing body-part words in an unexpected order and locating each part helps your child connect the words with their meanings instead of relying on a memorized sequence.



Gross Motor

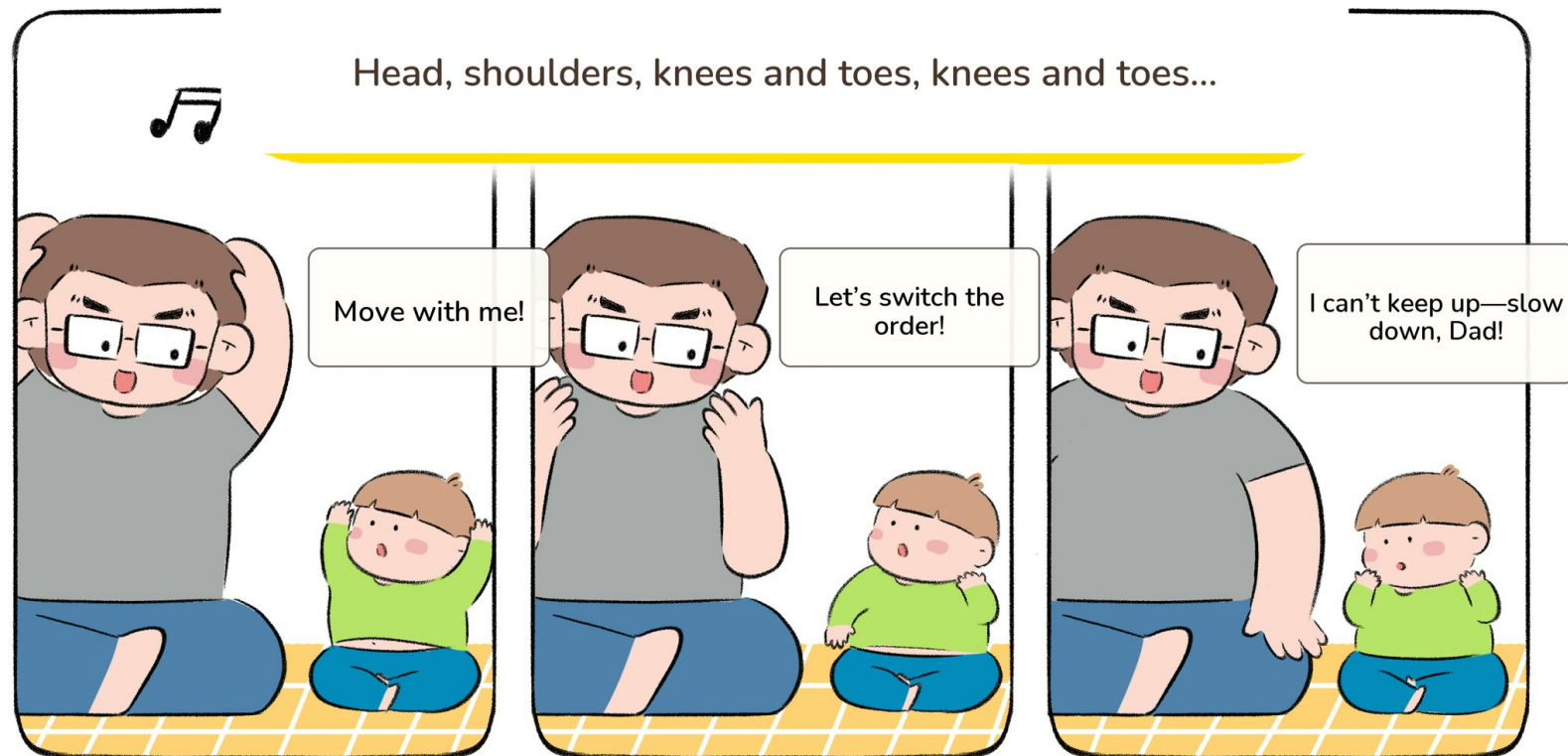
Reaching for the head and shoulders and bending toward the knees and toes gets your child moving several parts of the body.



No materials needed.

What You'll Need

No materials needed.



Change Up the Body Song

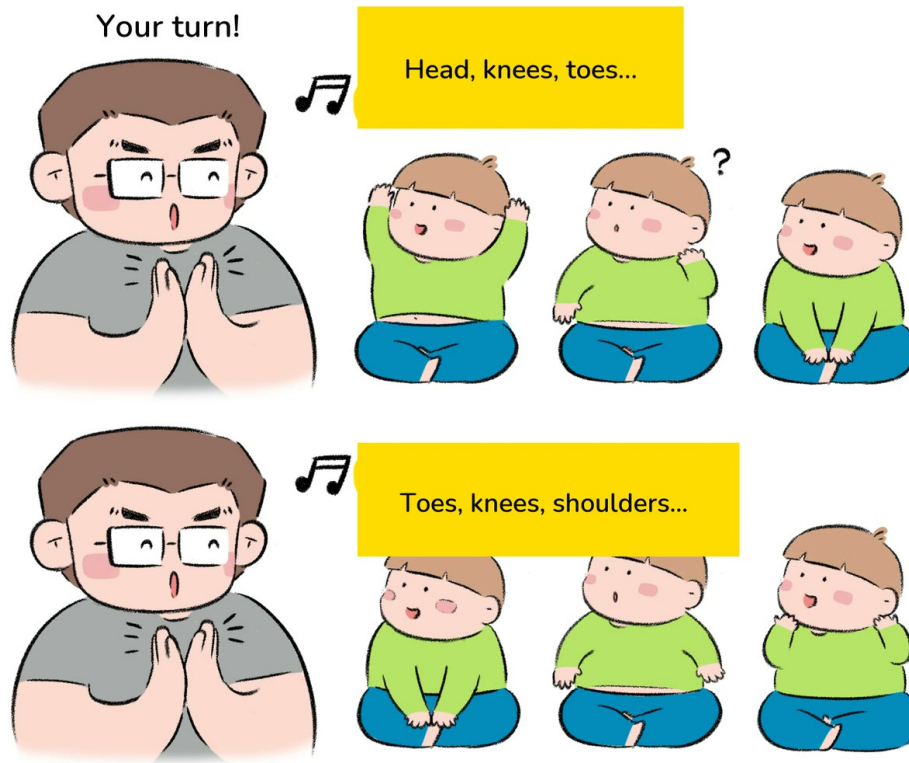
Warm up with “Head, Shoulders, Knees and Toes,” touching each named body part together. Once the original is familiar, sing the words in a different order. Slow down and let your child watch your movements at first.

Observations

- Moves or gestures when they hear the familiar body song
- Touches each body part while following your demonstration

Tips

- Changing the order - for example, “Head, knees, toes, shoulders” - helps your child listen for each word instead of repeating the usual movement pattern.
- Begin with the familiar song. Then move only one or two words before mixing the order more fully.



Find Each Part by Listening

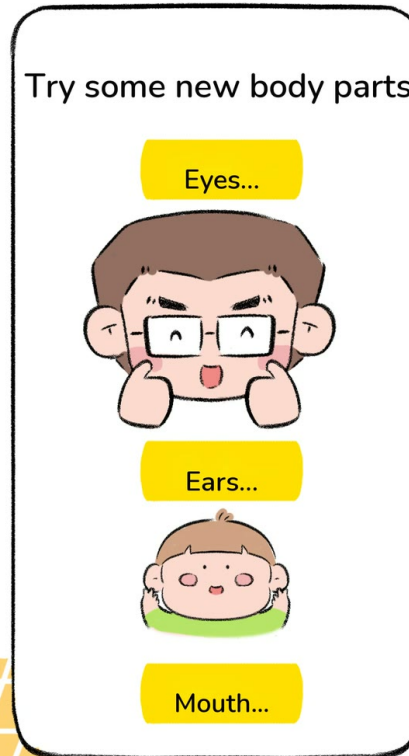
Gradually reduce your demonstration while continuing to sing the mixed-up words. If your child hesitates or touches the wrong place, repeat one word - "Knees, knees" - and gently tickle their knees to make the connection memorable.

Observations

- Attempts to say "knees" while touching their knees
- Touches the body part named in the mixed-up lyric rather than following the original sequence

Tips

- Choosing the wrong body part is a normal part of learning the word. Repeat the game and allow time for the connection to grow.
- Begin slowly and sing each word clearly, then adjust the speed as your child becomes more confident.



Find Them in Any Order

When your child can find the correct parts in a mixed order, add a new body-part word and keep the same tune. The changing sequence can continue to test whether the word and location are connected.

Observations

- Finds the correct body part after the lyric order changes
- Reaches to pat several body parts, moving their whole body

Tips

- Add only one or two new words at a time, such as eyes or ears, and touch each one as you sing.