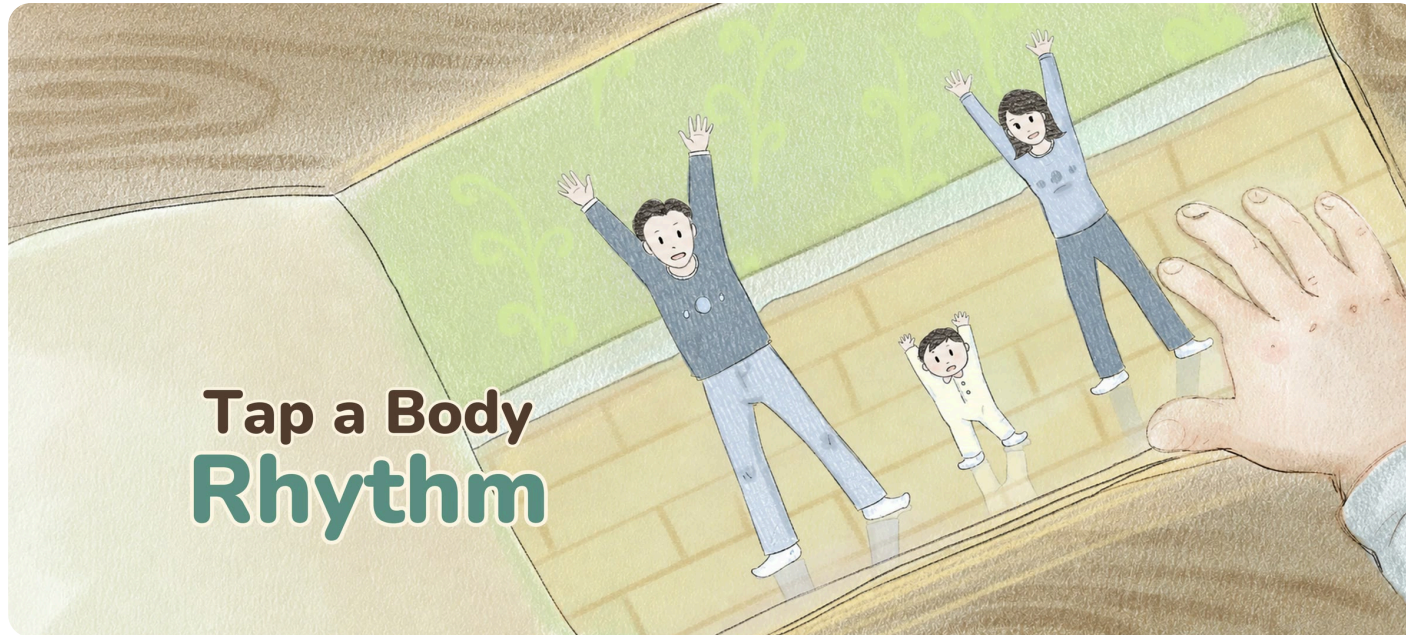




Tap a Body Rhythm

Tap a rhythm on different body parts to make body awareness playful. Taking turns and copying patterns with family members also gives your child practice joining a shared activity.

Helps Your Child Grow



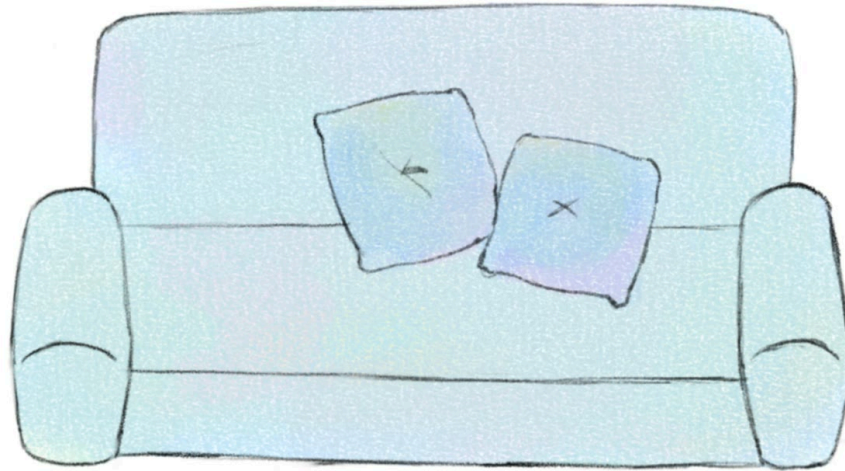
Imitation and Symbolic Representation and Play

Watching and copying a sequence of rhythmic movements gives your child practice observing and imitating actions.



Attending and Understanding

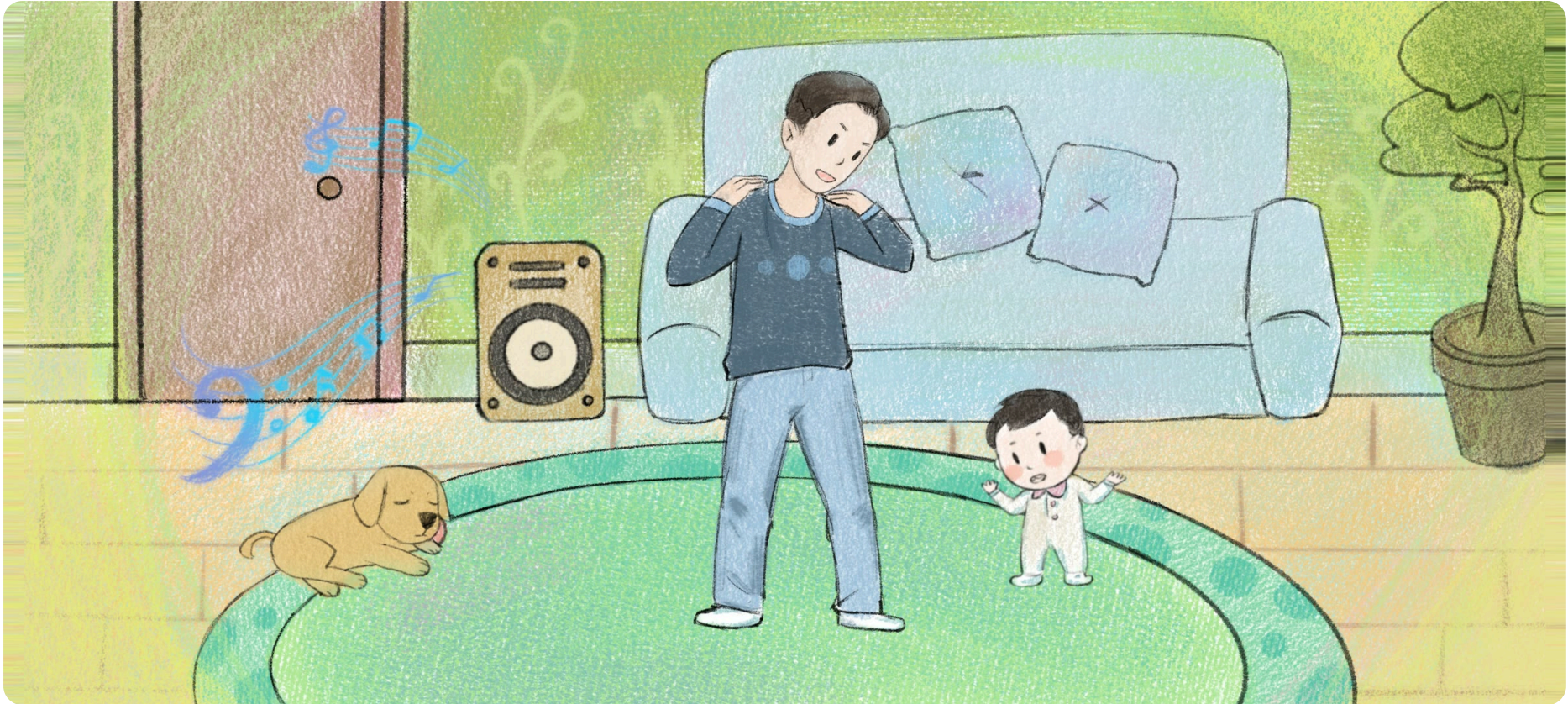
Following directions that name body parts and actions helps your child connect spoken words with what to do.



Music and room to move

What You'll Need

1. The song "Head, Shoulders, Knees and Toes"



Do What I Do

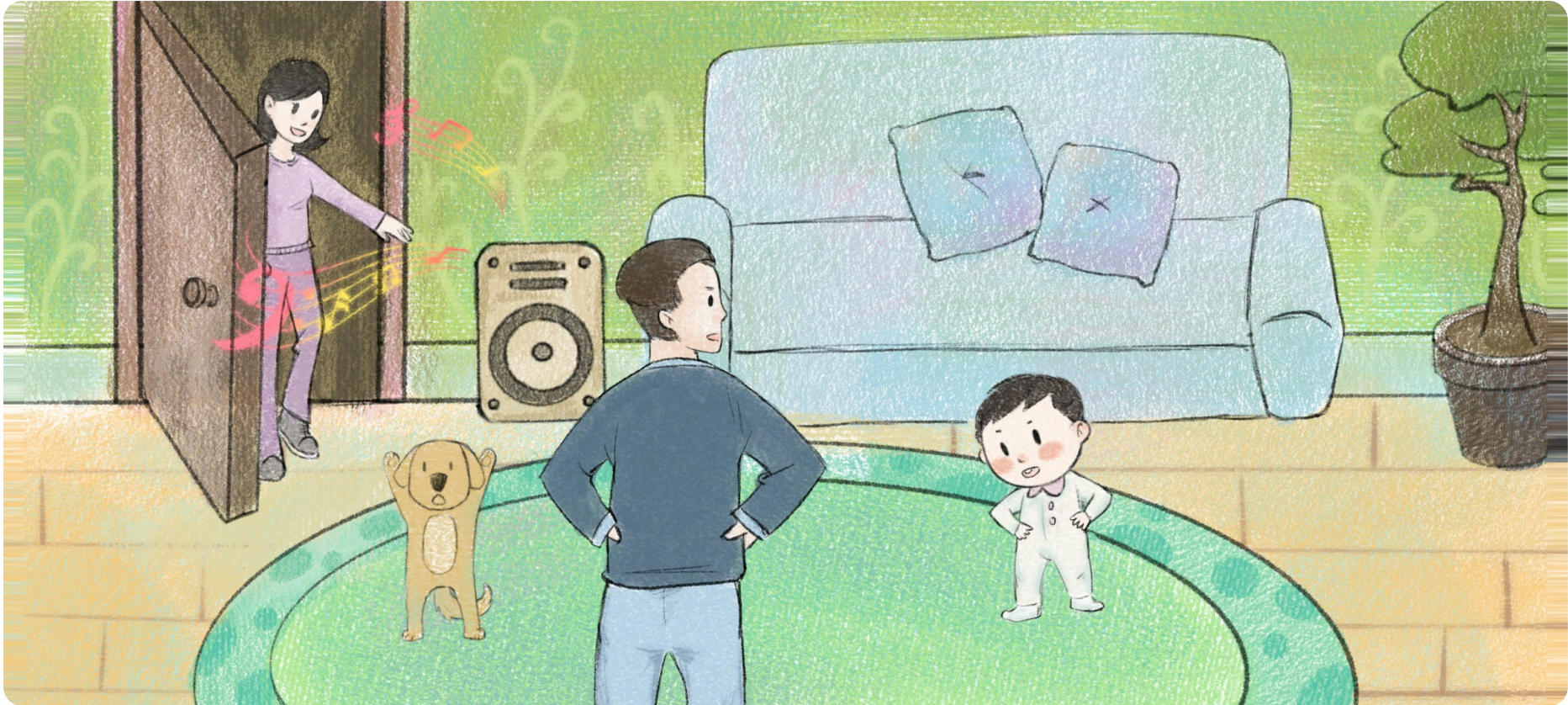
Follow the rhythm and words of “Head, Shoulders, Knees and Toes.” Tap each named body part and invite your baby to copy you.

Observations

- ☐ Copies you tapping a body part
- ☐ Shakes their body and waves to the music

Tips

- While your baby concentrates on copying, guide their hand to tap the body part in rhythm so they can feel the pattern.
- Let your baby choose another favorite song.



Do It Together

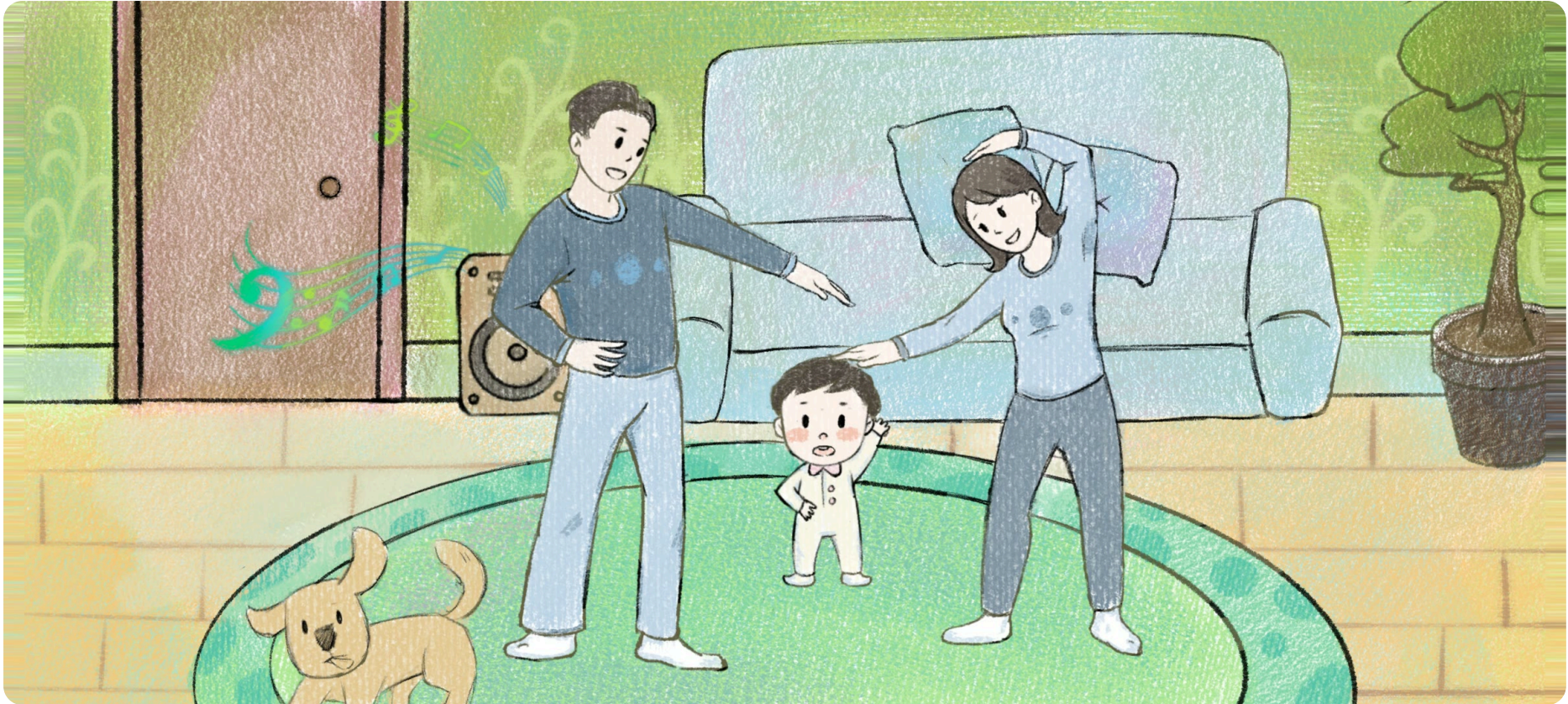
Keep the music playing and name a body part and number, such as two shoulder taps or three knee taps. Then tap that body part together, matching the number and rhythm in the direction.

Observations

- Taps the named body part the corresponding number of times
- Taps a body part in time with the music

Tips

- If your baby invents their own taps or dance moves, copy them and let your baby lead.
- Encourage what you observe: “You’re matching the beat more closely. Keep going!”



Make a Shared Rhythm

Invite more family members. Call out a person and body part, such as “Tap the baby’s shoulder,” and let everyone respond to the same cue together.

Observations

- ☐ Pats the named body part on the correct player
- ☐ Attempts to name a body part

Tips

- Take turns being the leader. Encourage your baby to name the body part everyone should tap next.
- If your baby taps the wrong body part, turn it into a comparison: “Dad’s hand is big. Mom’s is smaller, and your hand is the smallest.”
- Add descriptive words as you tap: “big hands,” “little hands,” or “broad shoulders.” This enriches your baby’s understanding of body parts.