**Head, Shoulders, Knees and Toes**

Sing and move with your child to the song 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

Variation: In the part-day class, we like to change the tempo. After singing once through with a moderate tempo, we sing fast and sometimes if we have lots of energy, we sing it even faster. We then end with a slow-motion version with exaggerated movements like we’re walking in space and using our deep, slow voices. Have fun!

Physical Development and Health

23.A.ECa Identify Body Parts

**Fort Building**

**Activity:** Make a fort in your house out of blankets.

**Items Needed:**

Blankets

Clothes pins / bag clips

**Instructions:** Make a fort in your house. ASK YOUR PARENTS FIRST. Decide where to make your fort. Why did you choose this space? Gather blankets and arrange them over the couch, chair, or table. Use clothespins to secure your blanket. Add items like pillows, stuffed animals, books, and a few toys. Ask your parents or siblings to come play in your fort.

**Fort Reading**

**Activity:** Read to your stuffed animal or family member in your fort.

**Items Needed:**

Fort

Book

Friend

**Instructions:** Gather some books and take them into your fort. Grab a stuffed animal or family member. Ask them to listen to your book. Look at the pages and tell your friend about the book. Pick out letters that you recognize. Do you see the letters in your name?