

Head and Shoulders

Primary Objectives

8b. Follows directions

Why It's Important

There are many children's songs that you can use to teach your child how to follow a two-step movement. The rhythm of musical directions helps children remember and sequence the steps in the directions and adds playfulness to the learning activity.

Materials

Audio recording; if needed, song: "Head, Shoulders, Knees, and Toes"

What You Do

1. Invite your child to sing a song with you. Explain that this song requires him to listen to the words of the song and pay attention to the motions he will do while singing.
2. Sing the song slowly, allowing plenty of time for your child to follow along and copy the movements you demonstrate.
3. Repeat the song, and alter the tempo, if desired. You can also adapt the song to include different body parts such as arms, elbows, hair and chin, hair and chin.
4. Give your child a chance to do the actions on his own without you moving along with him. *Now it's your turn to do the actions on your own while I sing.*
5. You can add another step to the directions by singing the song again, but choosing a body part to silently point to instead of saying the word. *This time when we sing, we won't say head, we'll just point to our heads without saying the word. Let's try it together.*
6. Look for other movement songs to use with this activity such as "The Hokey Pokey," "The Green Grass Grows All Around," "Down by the Bay," and others. Check your local library for audio recordings of children's music.