

Mission:

41. Ankles, Elbows, Feet, and Seat

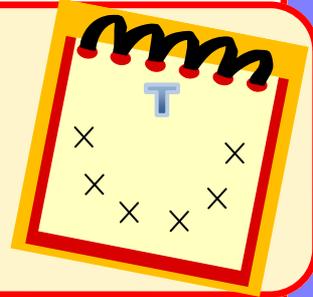
ORGANIZATION:

Music: N/A

Materials: No materials required

Books: *From Head to Toe* by Eric Carle

Set up: Children in a line or semi-circle facing the teacher.



This is another easy action break which could be performed when children get wiggly at group or even while waiting in line in the hallway. Begin by singing and acting out the familiar children's song "Head, Shoulders, Knees and Toes". Once children have sung this song through two or three times, change the version of the song, and sing and act out the following:

"Ankles, elbows, feet and seat, feet and seat,
Ankles, elbows, feet and seat, feet and seat,
Hair and lips and chin and cheeks,
Ankle, elbows, feet and seat, feet and seat."

Begin slowly the first time through, and like the original version, try to increase the speed of the song and actions.

VARIATIONS:

Change body parts a third time and make a new version for the original "Head, Shoulders, Knees and Toes".

EXTRA
TIPS:

Make sure children know where each of the new body parts are, and demonstrate very slowly at first to make sure they can follow the new version.