

Body Awareness - Level 2

2.3.1 Heads Shoulders Knees and Toes

Stand or sit in a circle, ensure the child is able to see facilitator. Sing the above song, pointing to appropriate body parts. The child may need hand on hand assistance initially, then can progress to copying the facilitator.

NB. Use a mirror to show the child the body parts if they have difficulty.

Purpose

To promote body awareness

To promote rhythm and timing

Observations

Can the child complete all the actions of the song?

Is the child able to keep up with the rhythm of the song?

Equipment

None