



# Heads, Shoulders, Knees & Toes

Traditional  
Arranged by the Fun Music Company 2014

Head, shoul - ders, knees and toes, knees and toes. Head, shoul - ders, knees and  
toes, knees and toes, and eyes and ears and mouth and nose,  
Head, shoul - ders knees and toes, knees and toes.

You can make this song into a game, by gradually taking one of the instructions out, and just doing the actions.

So, the first time through you sing the entire song.

Then, you say “OK kids, this time, we’re going to leave out the word ‘Head’, and just touch our heads instead”.

Then you sing “\_\_\_\_\_, shoulders, knees and toes” (humming instead of saying the word ‘head’)

Then the next time, you say: “This time, we’re going to leave out the heads and shoulders, and just touch them”

And you sing “\_\_\_\_\_, \_\_\_\_\_, Knees and toes.”

Then the next time, you just sing “toes!”

“\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and toes, \_\_\_\_\_ toes. \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and toes, \_\_\_\_\_ toes.  
Eyes and ears and mouth and nose, \_\_\_\_\_, \_\_\_\_\_, Knees and toes, \_\_\_\_\_ toes.”