



Head and Shoulders Knees and Toes

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TODDLERIFIC

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Books to read together:

E Bang	All of Me!: A Book of Thanks
E Cronin	Bounce
E Cronin	Wiggle
E Hudson	Hands Can
E Oxenbury	Clap Hands
E Raffi	If You're Happy and You Know It
E Symes	Harriet Dancing



Fun things to do together:

- * Trace your toddler's hands and feet and let he/she color them
- * Sing and play "Where is Thumbkin" together
- * Play a game by moving your feet- wiggle your toes, point them, walk on tiptoe, kick, and stomp around
- * Walk your child around on different textures, including carpet, grass, sand, etc.
- * Discuss how different body parts work and practice bending elbows and knees and rolling shoulders

Song

Wiggle, Wiggle, Wiggle

A wiggle, wiggle here,
A wiggle, wiggle there,
Wiggle your hands,
Up in the air.
Wiggle your shoulders,
Wiggle your hips,
Wiggle your knees,
and move your lips.

Wiggle, wiggle, wiggle,
And wiggle and bend,
Wiggle, wiggle, wiggle,
And that is the end!