



Beckton & Royal Docks Children's Centre Tip Sheet

Head, shoulders, knees and toes,
Knees and toes.

Head, shoulders, knees and toes,
Knees and toes.

And eyes, and ears, and mouth,
And nose.

Head, shoulders, knees and toes,
Knees and toes.

Place both hands on parts of body as they are mentioned. On second time speed up, and get faster with each verse



Head, shoulders, knees and toes