

## Songs, Poems and Chants

### “Head, Shoulders, Knees, and Toes”

Head, shoulders, knees, and toes,  
Knees and toes.  
Head, shoulders, knees, and toes,  
Knees and toes.  
Eyes and ears and mouth and nose.  
Head, shoulders, knees, and toes,  
Knees and toes.

### “Move Your Body!”

Wiggle your fingers,  
Shake your legs,  
Raise your arms,  
Nod your head,  
Move your body side to side,  
Dance around, smile wide!

### “Go Bananas!”

First we pick bananas — pick, pick bananas.  
Next we peel bananas — peel, peel bananas.  
Then we eat bananas — eat, eat bananas.  
And we GO bananas — go, go bananas!

### “Teddy Bear” [Sing to the tune of “Brother John.”]

Are you sleeping?  
Are you sleeping?  
Teddy Bear, Teddy Bear.  
Morning bells are ringing!  
Morning bells are ringing!  
Ding, ding, dong.  
Ding, ding, dong.

