

Energizers

Head and Shoulders, Knees and Toes (EER-Gr.6)

Instructions:

Everyone sings the song 'Head and Shoulders' while doing the actions for each part.

Actions:

Head (touch head) and shoulders (stretch head to each shoulder), knees (touch knees), and toes (touch toes), knees and toes, knees and toes.

Head and shoulders, knees and toes, eyes (open eyes as wide as you can), ears (pull on ears with hands), mouth (open mouth as wide as possible) and nose (wiggle nose).

Once all students get the hang of the movements, do the song faster, and faster.