

Name of activity: Roll head, shoulders, knees, and toes

Purpose / Key words: gross motor, visual motor, visual perceptual. executive functioning, motor planning, self-regulation

Age range: K- grade 2, grade 3-5

Materials

- PDF game board (see below)
- On screen dice (search resources for rainbow dice) or you can use real dice

Instructions

Roll head, shoulders, knees, and toes

- This activity provides players with a game board of a variety of body parts to substitute in the song head, shoulders, knees, and toes. This activity is perfect for telehealth sessions as it provides the therapist with an interactive game that can be complete utilizing a shared screen
- See PDF below for specific instructions.







Activity Modification

- **To simplify**
 - Only use 1 or 2 of the columns at a time (don't change everybody part in the song)
- **To make more challenging**
 - Have player some up with their own version of the song

Link /resource: yourtherapysource.com

Roll Head Shoulders, Knees and Toes, Knees and Toes

Directions: Roll one die for each of the body parts below. Replace the body parts that you roll into the song Head, Shoulders, Knees and Toes. Sing and perform the song with the different body parts. For example, if you roll a 1, 3, 4 and 6 sing and do the motions to the song as “Foot, fingers, chin and wrist, chin and wrist. Foot fingers, chin and wrist, chin and wrist. Eyes and ear and nose and mouth. Foot, fingers, chin and wrist, chin and wrist.”

	HEAD	SHOULDERS	KNEES	TOES
1 	foot	ankles	thigh	arm
2 	knee	elbows	thumb	cheek
3 	hips	fingers	hair	neck
4 	back	eyebrows	chin	spine
5 	palm	stomach	heart	teeth
6 	waist	forehead	calf	wrist