

Body Awareness Songs for 2 to 3-Year-Olds



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!

Actions:

- Touch each body part as you sing it
- Start slowly for toddlers, can speed up as they learn
- Can do it standing or sitting

Variations:

- Whisper one body part each round
- Leave out one body part and just do the action
- Do it slow or fast



If You're Happy and You Know It

- If you're happy and you know it, clap your hands (clap clap)
- If you're happy and you know it, clap your hands (clap clap)
- If you're happy and you know it, then your face will surely show it
- If you're happy and you know it, clap your hands (clap clap)

Additional verses:

- Stomp your feet
- Touch your nose
- Pat your head
- Touch your toes
- Shout "Hooray!"
- Do all three (clap, stomp, shout)

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Where Is Thumbkin?

Where is Thumbkin? Where is Thumbkin? Here I am!
Here I am! (bring out one thumb, then the other) How
are you today, sir? (wiggle first thumb) Very well, I thank
you (wiggle second thumb) Run away, run away (hide
thumbs behind back)

- Additional verses using other fingers:
 - Pointer (index finger)
 - Tall Man (middle finger)
 - Ring Man (ring finger)
 - Pinky (little finger)
 - All the family (all fingers)



The Hokey Pokey

You put your right hand in. You put your right hand out.
You put your right hand in. And you shake it all about.
You do the Hokey Pokey and you turn yourself around.
That's what it's all about! (clap clap)

Additional verses:

- Left hand
- Right foot
- Left foot
- Head
- Whole self

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One Little Finger

One little finger, one little finger, one little finger (hold up index finger). Tap tap tap (tap finger three times). Point your finger up (point up). Point your finger down (point down). Put it on your head, head, head (put finger on head)

- Additional verses - change last line:
 - Put it on your nose, nose, nose
 - Put it on your chin, chin, chin
 - Put it on your arm, arm, arm
 - Put it on your leg, leg, leg
 - Put it on your tummy, tummy, tummy
 - Put it on your toes, toes, toes



Twinkle, Twinkle, Little Star

(Body Awareness Version)

- Twinkle, twinkle, little star (open and close hands for twinkling)
- How I wonder what you are (hands on cheeks, wondering)
- Up above the world so high (reach arms up high)
- Like a diamond in the sky (make diamond shape with fingers)
- Twinkle, twinkle, little star (open and close hands)
- How I wonder what you are (hands on cheeks)

Body Awareness Songs for 2-Year-Olds



Open, Shut Them

- Open, shut them (open hands wide, close into fists)
- Open, shut them
- Give a little clap, clap, clap (clap three times)
- Open, shut them
- Open, shut them
- Put them in your lap, lap, lap (pat lap three times)

Additional verses:

- Creep them, creep them, creep them, creep them (fingers crawl up body)
- Right up to your chin, chin, chin (touch chin)
- Open wide your little mouth (open mouth)
- But do not let them in! (hide hands behind back)



Shake Your Sillies Out

- We're gonna shake, shake, shake our sillies out (shake whole body)
- Shake, shake, shake our sillies out
- Shake, shake, shake our sillies out
- And wiggle our waggles away! (wiggle)

Additional verses:

- Clap, clap, clap our crazies out
- Jump, jump, jump our jiggles out
- Stretch, stretch, stretch our stretchies out
- Yawn, yawn, yawn our sleepies out

Body Awareness Songs for 2-Year-Olds



Zoom, Zoom, Zoom

- Zoom, zoom, zoom (rub hands together making rocket motion upward)
- We're going to the moon
- Zoom, zoom, zoom
- We're going to the moon
- If you want to take a trip
- Climb aboard my rocket ship (crouch down)
- Zoom, zoom, zoom
- We're going to the moon!
- 5, 4, 3, 2, 1 (hold up fingers and count down)
- BLAST OFF! (jump up high)



Round and Round the Garden

- Round and round the garden (draw circle on child's palm)
- Like a teddy bear
- One step, two step (walk fingers up arm)
- Tickle under there! (gentle tickle under arm or chin)

Actions:

- Adult traces circle on child's palm
- Walk fingers slowly up child's arm
- Gentle tickle at the end (only if child enjoys it!)

Body Awareness Songs for 2-Year-Olds



The Wheels on the Bus

- The wheels on the bus go round and round (roll hands around each other)
- Round and round, round and round
- The wheels on the bus go round and round
- All through the town

Additional verses:

- The wipers on the bus go swish, swish, swish (sway arms side to side)
- The horn on the bus goes beep, beep, beep (press nose like horn)
- The doors on the bus go open and shut (hands together then apart)



Here Is the Beehive

- Here is the beehive (make fist)
- But where are the bees?
- Hidden away where nobody sees (keep fist closed)
- Here they come creeping out of the hive
- One, two, three, four, five! (pop up fingers one at a time)
- Bzzzzzzzz! (wiggle fingers flying away)

Actions:

- Start with closed fist
- Pop up one finger at a time while counting
- Wiggle all fingers at the end like flying bees
- Can make buzzing sounds together

Song Credits & Traditional Origins

Most of these songs are traditional children's songs passed down through generations with unknown original authors. They belong to public domain and have been sung in playgroups, preschools, and homes worldwide for many years.

Known origins where available:

- "The Hokey Pokey" - Various claimed origins; popularized in the 1940s-1950s
- "Twinkle, Twinkle, Little Star" - Lyrics by Jane Taylor (1806), melody adapted from French tune "Ah! vous dirai-je, maman"
- "Shake Your Sillies Out" - Written by Raffi (1987), but sung here in traditional adaptation
- "Head, Shoulders, Knees and Toes" - Traditional children's song, author unknown
- "If You're Happy and You Know It" - Traditional, believed to have Latvian origins
- "Where Is Thumbkin?" - Traditional fingerplay, melody adapted from "Frère Jacques"
- "Five Little Ducks" - Traditional children's counting song, author unknown
- "Here Is the Beehive" - Traditional fingerplay, author unknown
- "Two Little Blackbirds" - Traditional fingerplay, author unknown
- "Five Little Monkeys" - Traditional counting rhyme, author unknown; popularized by Eileen Christelow's books
- "The Wheels on the Bus" - Written by Verna Hills (1939)
- "Incy Wincy Spider" (also known as "Itsy Bitsy Spider") - Traditional, early 20th century origins
- "Round and Round the Garden" - Traditional British nursery rhyme and tickle game
- "Zoom, Zoom, Zoom" - Traditional children's action song, author unknown

These songs have been adapted and modified by countless educators, parents, and children over time, making them truly community-created resources for early childhood development.