

HEADS, SHOULDERS, KNEES AND TOES

(The Mulberry Bush)

LS E-2 Formation: The children may be in a circle, in lines, or in the aisles between desks.

SONG

Heads and shoulders, knees and toes,
Heads and shoulders, knees and toes,
Heads and shoulders, knees and toes,
So early in the morning.

ACTION

As each part of the body is named the players touch that part with both hands.

Clap hands in time with the music on the 4th line – four times.

Note: This little exercise is a good warmer-upper at the beginning of a period of activity. Of course, the toes should be touched without bending the knees, but do not make an issue of it. And the spine should be straight while touching the top of the head.

The Mulberry Bush is a very familiar tune and is useful for many pantomimed games.

Here is one suggestion, done in a circle.

Here we go round the mulberry bush, so early in the morning.

This is the way we wash our clothes, so early Monday morning.

This is the way we iron our clothes, so early Tuesday morning,

This is the way we scrub the floor, so early Wednesday morning,

This is the way we mend our clothes, so early Thursday morning,

This is the way we sweep the house, so early Friday morning,

This is the way we bake our bread, so early Saturday morning,

This is the way we go to church, so early Sunday morning.