



SLOW IT DOWN

Head and Shoulders, Knees and Toes!

“Head and shoulder, knees and toes” is a great way to help yourself relax. Instead of naming the body parts, though, try these movements:

WIGGLE-As you sing the song slowly, wiggle each body part while trying to keep the rest of your body still. Or start at the bottom of your feet and wiggle each part of your body all the way to the top of your head.

TIGHTEN-Make a tight fist, scrunch up your face. That feeling is what it means to tighten a body part. As you slowly sing the song, tighten each body part until your whole body is held as tight as you can hold it! This goes great with...

RELAX-Let your muscles go limp, pretend your bones are jello. Relax each part of your body as you sing the song, or start at your toes and work your way up to your nose!

