Head, Hands, and Feet

Below Pre-K-Preschool | Body words | Movement and music

Learner: _____ Date: _____

Say or sing one card at a time. The learner may touch, look toward, move, point, sign, or use AAC. Seated movement is welcome.

HEAD

LOOK | POINT | MOVE

HANDS

LOOK | POINT | MOVE

FEET

LOOK | POINT | MOVE

EYES

LOOK | POINT | MOVE

EARS

LOOK | POINT | MOVE

KNEES

LOOK | POINT | MOVE

Try one card, pause, and let the learner choose whether to continue.

Grown-up check: Name the body part shown on each card. Adapt every movement for comfort, mobility, and sensory needs.

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