

Know how. Know now.

Let's Get Moving

Exercise

"Head, Shoulders, Knees, and Toes"

Singing "Head, Shoulders, Knees, and Toes" is a perfect follow-up to the story "Head to Toe".



Below is a YouTube video you may want to use: http://youtu.be/gxphoOOwTbo



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.