

Head, Shoulders, Knees and Toes

Head, Shoulders, Knees and Toes is about getting children up and active. It is a series which celebrates this special time in the life span when young children are finding out about what their bodies can do. Through play, dance and drama the presenters and toys invite young children and their families to explore and develop the skills of body movement and action.



Episode 1



PRESENTERS

Leah Vandenberg and Alex Papps

PIANIST

Peter Dasent

STORY

My Nose, Your Nose by Melanie Walsh
Published by Doubleday, a division of Random House Children's Publishing UK
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FILM

Getting New Glasses
(Play School, ABC)

IDEAS FOR LATER

- Look at faces in books and magazines and all around you – babies and older people, boys and girls, dogs and cats. Look for eyes, ears, mouth and nose.
- Make a feelings puppet. Draw a happy face and a sad face on each side of a paper plate. Attach your paper plate to a stick and play with your happy/sad puppet face.
- Visit an optometrist and have a look at all the different sorts of glasses

SONGS

Peek a Boo

Composer: Traditional
Publisher: Origin / ABC Music Publishing

Two Little Eyes

Composer: Mary Miller & Paula L. Zajan
Publisher: Allans Music

How Are You Feeling?

Composer: Peter Dasent & Sophie Emtage
Publisher: Origin/Control

Dancing Face

Composer: Peter Dasent & Arthur Baysting
Publisher: Origin/Control

I Jump Out of Bed in the Morning

Composer: Traditional
Publisher: Origin / ABC Music Publishing

Head and Shoulders

Composer: Traditional
Publisher: Origin / ABC Music Publishing

Der Glumph

Composer: Traditional
Publisher: Origin / ABC Music Publishing

MAKE AND DO



How to Make a Dolly Marionette Puppet

You will need:

- 1 medium sized soft ball
- 4 small soft balls
- Piece of silky fabric approx. 1 metre x 25cm
- Piece of white cotton fabric 80 cm x 25 cm
- 6 hair elastics
- 2 wooden spoons
- String

Place silk fabric on firm flat surface. Place the white fabric over the top. Place the large ball halfway along the fabric and wrap the fabric around the ball. Secure with a hair elastic to make the head.

Hold the end of the white fabric and add a hair elastic to create an arm. Repeat with the other end of the white fabric to create the other arm.

Take one end of the silky fabric and add a hair elastic half way along to create a knee joint. Use a small ball at the end to create a foot. Wrap the fabric around the ball and secure with a hair elastic repeat this with the other end of the silky fabric to create the second leg.

To create a face, add stickers to the large ball for eyes, nose and mouth.

Using a hair elastic or two connect the two wooden spoons together to form a cross. Tie string from each hand and foot to the ends of the spoons. Tie an additional string from the head the centre point of the two spoons. This creates the mechanism which will help you to make your dolly puppet dance.

Episode 2



PRESENTERS

Leah Vandenberg and Jay Laga'aia

PIANIST

Peter Dasent

TOLD STORY

The Magician's New Trick
(A story told by the Play School team)

FILM

"Henna Hand Painting"
(Play School, ABC)

IDEAS FOR LATER

- Visit a park or garden and see how many different sorts of flowers you can find
- Pretend you are a marionette puppet – bend and stretch and dance on your toes.
- Create a family of dancing fingers by drawing faces on the fingers of a pair of disposable gloves

SONGS

Open Shut Them

Composer: Traditional
Publisher: Origin / ABC Music Publishing

Wash Your Dirty Hands

Composer: Traditional
Publisher: Origin / ABC Music Publishing

My Hands Are Clapping

Composer: Traditional
Publisher: Origin / ABC Music Publishing

Head and Shoulders

Composer: Traditional
Publisher: Origin / ABC Music Publishing

Like a Leaf or Feather

Composer: Mary Champion De Crespigny
Publisher: EMI Music

Let Everyone Clap Hands with Me

Composer: Mary Miller & Paula L. Zajan
Publisher: Music Sales Australia

Thumbelina

Composer: Frank Loesser
Publisher: Kobalt Music Publishing

MAKE AND DO

How to Make Flower Hand Prints



You will need:

- 2 plastic plates
- 2 colours of paint
- Apron
- Large pieces of paper

Pour paint on plastic plate. Place flat hand in paint. Using a circular motion create flower petals. Add small spots using finger tips to create the centre of the flower. Hang painting to dry.

How to Make Thumb Ballerinas



You will need:

- 2 pieces of silky fabric (approx. 30cm square)
- Scissors to cut a hole in the centre
- A fine texta

Draw a face on the inside of your thumb using a fine texta. Place your thumb through the hole in the fabric and then make your thumb dance.

Episode 3



PRESENTERS

Emma Palmer and Alex Papps

PIANIST

Peter Dasent

TOLD STORY

The Elves & The Shoemakers
(A story told by the Play School team)

FILM

"Play Gym"
(Play School, ABC)

IDEAS FOR LATER

- Take a walk at the beach and see the prints your feet leave behind as you walk, Look for big and little foot prints and the prints left by sea birds
- Play shoe shops using lots of pairs of shoes and pretend money.
- Punch some holes in a paper plate and use a shoe lace to thread in and out to do some simple swing. In and out, in and out.

SONGS

Eency Weency Spider

Composer: Traditional

Publisher: Origin / ABC Music Publishing

Mr Funny Feet

Composer: M. Graham & J.McKinlay

Publisher: ES Wigg and Son Ltd.

Mama's Little Baby Loves Shortnin' Bread

Composer: James Whitcomb Riley (public domain)

Publisher: Origin / ABC Music Publishing

Whistle While You Work

Composer: Larry Morey & Frank Churchill

Publisher: Bourne Music Company

I Like to Sing

Composer: Peter Dasent & Garth Frost

Publisher: Origin/Control

Head and Shoulders

Composer: Traditional

Publisher: Origin / ABC Music Publishing

Clog Dance

Composer: Ferdinand Hérold

Publisher: Origin / ABC Music / Control

Stomp Stomp

Composer: Tiny Grimes

Publisher: Universal Music Publishing

MAKE AND DO



How to Make Fruity Feet

You will need:

- Greek Yoghurt
- Banana
- Kiwi fruit
- Green and red grapes
- Blueberries
- Raspberries
- Mixing bowl
- 2 dessert spoons
- Potato masher or potato ricer
- Flat plate

Place yoghurt in bowl.

Peel and chop the banana. Mash the banana or use the potato ricer. Add to the yoghurt and mix well.

Spread banana yoghurt into the plate.

Add a slice of kiwi fruit for the heel and ball of the foot.

Use a green grape for big toe, raspberry, red grape, blueberry and a little sultana grape for the other toes.

Enjoy eating your fruity feet.



How to Make an Obstacle Course

You will need:

- Pillows
- Crepe paper
- Blue and brown fabric or towels

Cut strips of crepe paper into streamers to create grass or reeds.

Use these and other household objects to create an obstacle course that you can climb, walk or swim over, under, and through.

Episode 4



PRESENTERS

Emma Palmer & Jay Laga'aia

PIANIST

Peter Dasent

STORY

"Bear Takes A Trip"

Author: Stella Blackstone

Illustrator: Debbie Harter

Publisher: Barefoot Books

FILM

"Riding for the Disabled"

(Play School, ABC)

IDEAS FOR LATER

- Use a broom for a hobby horse and go for a gallop, a walk and a trot.
- Play a different memory game using a tray of household objects. Take turns taking an object away. The other person has to guess what is missing.
- Pack a back pack for a picnic. You could make a sandwich and fill a water bottle. Add some fruit and don't forget a sun hat. Put on your back pack and have a veranda or back yard picnic.
- Find a large piece of paper – big enough for you to lie on. Ask someone to trace around your body using a crayon. Have a look at your outline and add a face and paste on some scraps of paper or fabric for clothes. Use tack to stick your outline to the wall and see just how big you are.

SONGS

You Can Stamp Your Feet

Composer: Judith Whitfield & Paul Reade

Publisher: Essex Music

Head and Shoulders

Composer: Traditional

Publisher: Origin / ABC Music Publishing

My Horsey's A-Walking

Composer: Colin Buchanan

Publisher: Rondor

Drip Drop

Composer: Robyn Mapleson & Peter

Mapleson

Publisher: ABC Music Publishing

The Daring Young Man On The Flying Trapeze

Composer: Gaston Lyle, Alfred Lee & George Leybourne (Public Domain)

Publisher: Origin / ABC Music Publishing

Humpty Dumpty

Composer: Traditional

Publisher: Origin / ABC Music Publishing

Bravo Bravissimo

Composer: Traditional

Publisher: Origin / ABC Music Publishing

MAKE AND DO



How to Make a Collage Toy Friend

You will need:

- A toy that can lie flat to be traced
- Crayon
- Large piece of paper
- Coloured fabric and paper scraps
- Scraps of wool
- Ribbon
- Paste
- Paste brush

Trace carefully around the toy using a crayon.

Use paper and fabric scraps to create clothes by pasting onto the drawn outline.

Add wool for hair and other adornments like ribbons.

Episode 5



PRESENTERS

Abi Tucker and Andrew McFarlane

PIANIST

Peter Dasent

STORY

"Animal Chatter"

Author & Illustrator: John Burningham

Publisher: Walker Books Australia

FILMS

Sea Lions on Kangaroo Island
(Play School, ABC)

Children & Teachers from Menindee Central
School sing "Head & Shoulders" in the Barkindji
language
(Play School, ABC)

IDEAS FOR LATER

- Take a rainy day walk in boots and a rain coat. See if you can see a rainbow or find some puddles to splash in.
- Sing Old McDonald had a Farm and have lots of fun making animal noises.
- Make your own walkie talkie using a small cardboard box and a pipe cleaner for an aerial. Attach a post it note and add some numbers to press to make a call.

SONGS

Head and Shoulders

Composer: Traditional

Publisher: Origin / ABC Music Publishing

Head and Shoulders (in the Barkindji language)

Composer: Traditional

Wobbly Walk

Composer: George Spartels & F. Burgo

Everybody Do This

Composer: Traditional

Publisher: Origin / ABC Music Publishing

Leo The Lion

Composer: Harry Snyder & Herman Renner

Publisher: Prentice-Hall Inc.

The Spotty Song

Composer: June Tillman

MAKE AND DO



How to make a Lion Mask

You will need:

- Paper plates with centre cut out
- Length of hat elastic
- Yellow, orange and brown crepe paper cut in short lengths
- Paste brushes
- Wool scraps
- 4 Cardboard triangles

Make a small hole on each side of the paper plate. Thread through hat elastic.

Adjust the length to fit the size of the head.

Paste crepe paper scraps or wool scraps around edge of plate to create a lion's mane.