

Chest Chest Knee Toe CD tracks 5 & 6

s s m d s s m d l l s s m r d



Chest chest knee toe, Chest chest knee toe, Head head chest chest, Knee shin toe.

This is a very simple song, with lots of potential for development. It is a good song for getting children used to hearing the pentatonic (5 note) scale.

Adding the actions (you can probably work these out!) will reinforce the higher / lower notes. Singing the song to the solfa names will re-inforce this further.

Soh soh me doh
Soh soh me doh
la la soh soh
me re doh

Try missing out words - the children are using their "thinking voices". How many words can the children miss out and still stay together?

Try setting up repeating patterns (ostinati) as an accompaniment to the song
eg one group sings "Knee shin toe" whilst the rest of the children sing the tunes

You may like to use tuned percussion instruments as an accompaniment - any repeating pattern using C D E G A should work.

Ask the children to make up their own repeating patterns using the notes of the song.
WARNING - this is trickier than it sounds! It's very easy to muddle up the words / different notes of the scale.

Keep it simple! Encourage the children to start with one or two notes
eg "Toe toe toe___"
"Toe toe chest chest"