

How I Breathe Song and Dance

Note: Have the students sing and dance to the song!

Tune: *Head and Shoulders, Knees and Toes* 🎵

Head and shoulders knees and toes,
Knees and toes,
Knees and toes,
Head and shoulders, knees and toes,
Heart, brain, mouth and nose.

(Dance Action: point to specified body parts)

Nose and mouth take in the air
(Dance Action: take a deep breath in)

In the air, in the air,
Nose and mouth take in the air,
Our cilia cleans it.

(Dance Action: windshield wiper action with your hands)

Down the windpipe to my two lungs,
(Dance Action: make a diving action followed by a Tarzan chest beat)

My two lungs, my two lungs,
Down the windpipe to my two lungs, this is HOW I BREATHE!
(Dance Action: big inhalation through nose, big exhalation through mouth)



Jade