



Head, Shoulders
Knees & Toes



Song Pack Contents

Progress Sheet

Scale Sheet

Melody Sheet

Mini Chords Sheet

Regular Chords Sheet

Music & Guide Tracks



Print Song Pack





Head, Shoulders Knees & Toes



Progress Sheet

SCALE

1 Play the Practice Patterns using the *Scale Sheet*



Practicing	Achieved

MELODY

1 Play the melody using the *Melody Sheet*



2 Play the melody with the *Melody and Chords Track*



3 Play the melody with the *Chords Track*



Practicing	Achieved

CHORDS

1 Play the chords using the *Chords (or Mini Chords) Sheet*



2 Play the chords with the *Melody and Chords Track*



3 Play the chords with the *Melody Track*



Practicing	Achieved

SINGING

1 Sing and play the Practice Patterns using the *Scale Sheet*



2 Sing and play the melody using the *Melody Sheet*



3 Sing the melody and play chords using the *Chords Sheet*



Practicing	Achieved



Beginner



Intermediate



Advanced

~ Scale Sheet ~

Head, Shoulders, Knees and Toes

Key of G

G Major Scale

Do Re Mi Fa Sol La Ti Do Re

0 2 0 1 3 0 2 3 5

Root Root

Scale Activity 1

Play the Practice Patterns located on the next page while demonstrating these three skills:

- (1) Reading Guitar Tablature
- (2) Using Correct Fingering (labeled below)
- (3) Using a Pick

Correct Fingering

1st Fret - Index Finger
2nd Fret - Middle Finger
3rd Fret - Ring Finger
4th Fret - Pinky Finger
5th Fret - Pinky Finger

Singing Activity 1 (Optional)

Play the Practice Patterns as you sing along using **Pitch Matching** technique.

*You can sing the notes as labeled in **Solfège**:

Do Re Mi Fa Sol La Ti

*You can also sing notes as any of the **5 Primary Vowel Sounds** used in music:

Ah as in "saw"
Eh as in "wet"
Ee as in "bee"
Oh as in "row"
Oo as in "who"

Practice Pattern 1a - Contour

Do Re Mi Fa Sol La Ti Do Re Do

T 0-2 0-1-3 0-2-3-5-3
A
B

Practice Pattern 1b - Contour

Do Re Do Ti La Sol Fa Mi Re Do

T 3-5-3-2-0 3-1-0 2-0
A
B

Practice Pattern 2a - Intervals

Do Re Do Mi Do Fa Do Sol Do La Do Ti Do Do Do Re Do

T 0-2-0 0-1-0 0-0-0-0-0-0
A
B

Practice Pattern 2a - Intervals

Do Ti Do La Do Sol Do Fa Do Mi Do Re Do Do

T 3-2-3-0-3 3-1-0 2-0
A
B

Practice Pattern 3a - Arpeggio

Do Mi Sol Do Sol Mi Do

T 0-3 3-0-0
A
B

Practice Pattern 3b - Arpeggio

Do Sol Mi Do Mi Sol Do

T 3-0-0 0-3-0
A
B

~ Melody Sheet ~

Head, Shoulders, Knees and Toes

Traditional

G

Head, shoul - ders, knees and toes, knees and toes.

T 3 0 3 2 3 | 0 3 3 3
A
B

3 D

Head shoul - ders, knees and toes, knees and toes, and___

T 3 0 3 2 3 | 2 3 3 3 1 0
A
B

5 G C A

eyes and ears and mouth___ and___ nose.

T 0 0 3 3 | 5 3 2 3 0
A
B

7 D G

Head, shoul - ders, knees and toes, knees and toes.

T 2 2 3 0 2 | 3 0 0 0
A
B

Mini Chords Sheet

Chords Used:
G D C A

Head, Shoulders, Knees and Toes

Traditional

G **G**

Head, shoul - ders, knees and toes, knees and toes.

T
A
B

Count: 1 2 3 4 1 2 3 4

3 **G** **D**

Head shoul - ders, knees and toes, knees and toes. And___

T
A
B

1 2 3 4 1 2 3 4

5 **G** **C** **A**

eyes and ears and mou - th and___ nose.

T
A
B

1 2 3 4 1 2 3 4

7 **D** **G**

Head, shoul - ders, knees and toes, knees and toes.

T
A
B

1 2 3 4 1 2 3 4

~ Chords Sheet ~

Chords Used:
G D C A

Head, Shoulders, Knees and Toes

Traditional

G **G**

Head, shoul - ders, knees and toes, knees and toes.

T
A
B

Count: 1 2 3 4 1 2 3 4

G **D**

Head shoul - ders, knees and toes, knees and toes. And___

T
A
B

Count: 1 2 3 4 1 2 3 4

G **C** **A**

eyes and ears and mou - th and___ nose.

T
A
B

Count: 1 2 3 4 1 2 3 4

D **G**

Head, shoul - ders, knees and toes, knees and toes.

T
A
B

Count: 1 2 3 4 1 2 3 4



Head, Shoulders Knees & Toes



Music & Guide Tracks



Play Melody & Chords Track



Play Melody Track



Play Chords Track



Play Listening Track

DIRECTIONS

1. To open a music player window, click on the desired music link.
(Avoid opening more than one player window at a time.)
2. The player window will remain open when you move to a different Song Pack page.
3. To return to the beginning of a track, do one of the following:
 - a. Close the player window and re-open
–or–
 - b. Use the mouse to drag the player window's progress indicator back to the beginning of the track.
4. To close the player window, do one of the following:
 - a. Click on the far upper-right corner
–or–
 - b. Right-Click (PC) or Control-Click (Mac) on the player control window and then select "Disable Content."