

# 12 Seer moonday goday paer (Head and shoulders)

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## ☐ Choose this song

- To help pitch matching.
- To help coordination skills.
- To help language skills.
- To help awareness of different languages.

## ☐ Get ready

- Listen to the CD for guidance on how to pronounce the Punjabi words. Try to remember the Punjabi version and start with this.
- Have the children sitting in a circle on the floor with their legs stretched out in front of them.
- Explain that the words of the song are about different parts of the body.

## ☐ Sing this song

- Sing through the first verse (Punjabi version) pronouncing the words clearly and pointing to the relevant parts of the body.
- Encourage the children to join in, first with singing and clapping on the 'Clap, clap, clap, clap, clap' sections, and then with all of the words.
- Sing through the English version, encouraging the children to point at their heads, shoulders, etc., and then repeat the Punjabi version with the children continuing to point at the relevant parts of their bodies.

## ☐ Ideas

### Communicating in different languages

1. Ask the children, their parents, and friends for the words in other languages. See how many different versions you can collect and sing.
2. (a) If possible, try a multilingual version of the song. Ask the children to take it in turns to sing in their chosen language.  
(b) The other children should listen and join in where possible.  
(c) Everyone should clap on the 'Clap, clap, clap, clap, clap' sections.

# 12 Seer moonday goday paer (Head and shoulders)



Trad. English  
v. 2 Punjabi

At a steady pace



1. Seer\_\_\_ moon-day go - day paer, go - day paer, go - day paer.
2. Head and should-ers, knees and toes, knees and toes, knees and toes.



- Seer\_\_\_ moon-day go - day paer, clap, clap, clap, clap, clap!  
Head and should-ers, knees and toes,



- \*Naa - lay akh,\_\_\_ naa - lay kan, naa - lay moo, naa - lay nak.  
Eyes and ears and mouth and nose, mouth and nose, mouth and nose.



- Seer\_\_\_ moon-day go - day paer, clap, clap, clap, clap, clap!  
Head and should-ers, knees and toes,

\*When singing line 3 of the Punjabi version, actions are as follows:

- naalay akh*—point to eyes
- naalay kan*—point to ears
- naalay moo*—point to mouth
- naalay nak*—point to nose