Touch Your Toes, Head to Toes

French · beginner · kids body · children · 6 min

Lyricate
LEARN IT IN MUSIC

01 VOCABULARY

Beginner French learning song about kids body. The voice drills each chunk with its meaning so the words attach to the sound - listen, then answer in the gaps.

	CHUNK	MEANING	IN CONTEXT
1	**Touche ta tête et tes épaules.**	Touch your head and shoulders.	discovering body awareness
2	**J'ai deux yeux et un nez.**	I have two eyes and one nose.	counting facial features
3	**Où sont tes pieds ?**	Where are your feet?	playful location game

NEW WORDS (14)

tête
head

épaules
shoulders

genoux
knees

pieds
feet

yeux
eyes

oreilles
ears

nez
nose

bouche
mouth

touche
touch

ta
your

tes
your (plural)

où
where

sont
are

corps
body

Practice tip · First listen without reading and just tap the pulse; on the second pass, say each chunk out loud in the pause after the echo.

[SOUND DRILL]

tête

é

paules

ge

noux

pieds

[REVIEW]

Bonjour !

Hello!

Je m'appelle Sophie.

My name is Sophie.

Ça va ?

How are you?

Très bien !

Very well!

[CHORUS]

Touche ta tête.

Touche ta tête.

Touch your head.

ta

your

Touche tes pieds.

Touche tes pieds.

Touch your feet.

tes

your

[VERSE 1]

Touche ta tête et tes épaules.

Touch your head and shoulders.

touche

touch

tête

head

épaules

shoulders

Touche ta tête et tes épaules.

Touch your head and shoulders.

Genoux et pieds.

Knees and feet.

genoux

knees

pieds

feet

Touche tes genoux !

Touch your knees!

Touche tes pieds !

Touch your feet!

[CHORUS]

Touche ta tête.

Touche ta tête.

Touch your head.

Touche tes pieds.

Touche tes pieds.

Touch your feet.

[VERSE 2]

J'ai deux yeux.

I have two eyes.

yeux

eyes

J'ai un nez.

I have one nose.

nez

nose

J'ai deux yeux et un nez.

I have two eyes and one nose.

Yeux et nez.

Eyes and nose.

Yeux et nez et bouche.

Eyes and nose and mouth.

bouche

mouth

J'ai une bouche.

I have a mouth.

[CHORUS]

Touche ta tête.

Touche ta tête.

Touch your head.

Touche tes pieds.

Touche tes pieds.

Touch your feet.

[VERSE 3]

Où sont tes oreilles ?

Where are your ears?

où

where

sont

are

oreilles

ears

Oreilles, oreilles.

Ears, ears.

Deux oreilles.

Two ears.

J'ai deux oreilles.

I have two ears.

Corps et tête.

Body and head.

corps

body

Tête, yeux, nez, bouche.

Head, eyes, nose, mouth.

Épaules, genoux, pieds.

Shoulders, knees, feet.

Deux oreilles.

Two ears.

[CHORUS]

Touche ta tête.

Touche ta tête.

Touch your head.

Touche tes pieds.

Touche tes pieds.

Touch your feet.

[RECAP]

Touche ta tête et tes épaules.

J'ai deux yeux et un nez.

Où sont tes oreilles ?

Touche tes pieds.

Grey lines are a reading aid for the script; the singer performs the language itself.

HOW TO USE THIS SONG

1. Listen to the whole song once without reading — just follow the pulse.
2. Listen again while reading the lyrics; let the echo lines carry the meaning.
3. On the third pass, say each chunk out loud in the pause after it is sung.
4. Use one phrase from this sheet today, in a real conversation or out loud.

DRILL MAP

SAY THIS	IT MEANS	WHEN / HOOK
Touche ta tête et tes épaules.	Touch your head and shoulders.	discovering body awareness
J'ai deux yeux et un nez.	I have two eyes and one nose.	counting facial features
Où sont tes pieds ?	Where are your feet?	playful location game