Body Poems

CHosen by John Foster
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Feet are for...

Kicking up leaves and snow, and for marching to and fro, for running up and down hill, and standing up straight and still.
Feet are for hopping and skipping, for sliding and for slipping, for splashing in puddles and rain, and for jumping again and again.

John Foster
Legs

Centipedes have lots and lots. Sheep and cows have four. I have only two legs and I don’t need any more.

Jill Townsend
Elbows And Knees

Knees and elbows.
Elbows and knees.
Your legs and your arms
Couldn’t bend without these.

Eric Finney
I am the Boss

I am the boss.
What I say goes.
Clap your hands
And touch your toes.

I am the boss.
Look over here.
Waggle your thumbs
And scratch your ear.
I am the boss.
Jump like a clown.
Bend your knees
And all sit down!

John Foster
Your Heart

Thump! Thump!
Your heart is a pump.
It beats all night and day,
Pumping blood around you
While you sleep and while you play.
Race around the playground.
Put your hand upon your vest.
Feel your heart beat faster
As it thumps inside your chest.

John Foster
I Fell Over at Playtime

I fell over at playtime,
I got up and found
one cut knee
one bumped head
a pair of muddy hands
and
a wobbly tooth.
I went home at hometime
And my mum found
a plaster for my knee
a hat for my head
gloves for my hands
and
a nice big gap
in my grin.

Celia Warren
With My Hand

With my hand I can turn on a tap,
I can give you a clap,
I can scratch my nose,
I can tickle my toes.
With my hand I can scoop up sand,
I can hold your hand,
I can point to the sky,
I can wave goodbye!

John Foster
Why is a Bottom Called a Bottom?

The bottom of your body is the bit that's on the ground. So why is a bottom called a bottom, when it's only halfway down?

Paul Cookson
Body Poems

Knees and elbows.
Elbows and knees.
Your legs and your arms
Couldn't bend without these.

Chosen by children's poet, John Foster, this collection of poetry is ideal for children who are learning to read, supporting their learning at home and building reading confidence.