

Songs, Poems and Fingerplays

Music and Movement

Wash Every Day

Wash, wash, wash,
Wash every day.
Wash, wash, wash,
Wash the germs away!

Brush, brush, brush,
Brush every day.
Brush, brush, brush,
Brush the food away!

Comb, comb, comb,
Comb every day.
Comb, comb, comb,
Comb the tangles away!

Mind Your Manners

Mind your manners every day.
Say "please" and "thank you" along the way!

Brush, Brush, Brush Your Teeth (Tune: Row, Row, Row Your Boat)

Brush, brush, brush your teeth,
Get them clean and white.
Smiling, smiling, smiling, smiling,
Showing your beautiful bite!



If You're Clean And You Know It

(Tune: If You're Happy and You Know It)

Use hand/body movements to demonstrate actions in the song!

If you're clean and you know it, brush your teeth!
If you're clean and you know it, brush your teeth!
If you're clean and you know it and really want to show it,
If you're clean and you know it, brush your teeth!

If you're clean and you know it, brush your hair!
If you're clean and you know it, brush your hair!
If you're clean and you know it and really want to show it,
If you're clean and you know it, brush your hair!

If you're clean and you know it, wash your face!
If you're clean and you know it, wash your face!
If you're clean and you know it and really want to show it,
If you're clean and you know it, wash your face!

If you're clean and you know it, wash your hands!
If you're clean and you know it, wash your hands!
If you're clean and you know it and really want to show it,
If you're clean and you know it, wash your hands!

If you're clean and you know it, wash your feet!
If you're clean and you know it, wash your feet!
If you're clean and you know it and really want to show it,
If you're clean and you know it, wash your feet!



This Is The Way I Get Ready For Bed

(Tune: This is the way....)

This is the way I get ready for bed,
Get ready for bed,
Get ready for bed,
This is the way I get ready for bed, so late every night.

This is the way I take a bath,
Take a bath,
Take a bath,
This is the way I take a bath, so late every night.

This is the way I read a story,
Read a story,
Read a story,
This is the way I read a story, so late every night.

This is the way I brush my teeth,
Brush my teeth,
Brush my teeth,
This is the way I brush my teeth, so late every night.

This is the way I give a hug,
Give a hug,
Give a hug,
This is the way I give a hug, so late every night.

