

### Hygiene Songs

**Time: 5 minutes**

#### Materials

- Lyrics for Hygiene song 1 and Hygiene song 2 (on second page)
- SMART Board

#### Instructions

- Project the lyrics of one of the hygiene songs onto the SMART Board
- Read the lyrics aloud to the class or have the students do a choral reading of the lyrics
- Lead the students in singing the song together to the tune indicated above the lyrics

#### Variations

- Have students sing song whenever time permits for a quick review of hand-washing techniques and hygiene practices.
- Have students create gestures to accompany the song

### Hygiene Song 1

Sung to the tune of, “Here We Go Round the Mulberry Bush”

This is the way we comb our hair, comb our hair, comb our hair,  
This is the way we comb our hair when we get up in the morning.

This is the way we wash our hands, wash our hands, wash our hands,  
This is the way we wash our hands, before we eat our food.

This is the way we brush our teeth, brush our teeth, brush our teeth,  
This is the way we brush our teeth after we eat our meals.

This is the way we exercise, exercise, exercise,  
This is the way we exercise, to keep our bodies strong.

This is the way we wash ourselves, wash ourselves, wash ourselves,  
This is the way we wash ourselves, after playing hard outside.

This is the way we go to sleep, go to sleep, go to sleep,  
This is the way we go to sleep, early in the evening.

This is the way we cover our mouth, cover our mouth, cover our mouth,  
This is the way we cover our mouth when we have a cough or a sneeze.  
(Do a fake sneeze at-choo).

### Hygiene Song 2

Sung to the tune of, “Twinkle, Twinkle Little Star”

Soap and water, that’s the way,  
You can wash the germs away.  
Keep on washing – when you do,  
You’ll get rid of germs, it’s true.  
Now your hands are clean, here’s why:  
Germs are down the drain. Goodbye!

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