

Healthy Habits

Songs and Chants-Hand Washing

Wash Your Hands (Row, Row, Row Your Boat)

Sing Twice for 20 seconds of hand washing

Wash, wash, wash your hands

Play the handy game

Rub and Scrub

Scrub and rub

Germs go down the drain!

OR

Wash, wash, wash my hands

Make them nice and clean.

Rub the bottoms, and the tops

And fingers in between!

We Wash Our Hands (This is the way we...)

We wash our hands to take off the dirt, take off the dirt, take off the dirt,

We wash our hands to take off the dirt, before we eat our food.

Little tiny germs be gone, germs be gone, germs be gone,

Little tiny germs be gone so we stay healthy and strong.

Whistle While We Wash (Whistle While You Work)

Whistle while we wash (Whew-Whew-Whew-Whew-Whew-Whew-Whew)

We wet them up, we rub them down

We scrub them all around!

Whistle while we wash (Whew-Whew-Whew-Whew-Whew-Whew-Whew)

We wet them up, we rub them down

We rinse and germs are gone!

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Whistle while we wash (Whew-Whew-Whew-Whew-Whew-Whew-Whew)

We use the towel and dry our hands

Now we can move along!

Write your own Hand Washing Song:

