

Wash your hands Songs



Healthy Teddy says
wash your hands!

Photocopy and hand out the picture

Cough/Sneeze – Flu Songs

Loads of songs for teachers to choose the one/s they prefer

Washing

This little hand is a good little hand (wave)
This little hand is its brother (wave other)
Together they wash and wash and wash (pretend)
One hand washes the other.

Wash your Little Hands

Sung to: "Twinkle, Twinkle Little Star"

(child's name, child's name) if you can,
go and wash your little hands

Wash Your Hands

Sung to: Row, Row Row Your Boat"

Wash, wash, wash your hands

Play our handy game.
Rub and scrub, and scrub and rub.
Germs go down the drain. HEY!
Wash, wash, wash your hands
Play our handy game.
Rub and scrub, and scrub and rub.
Dirt goes down the drain. HEY!

Wash, Wash, Wash your hands

Sung To: "Skip to my Lou"

Wash, wash, wash your hands,
Wash, wash, wash your hands,
Wash, wash, wash your hands,
Wash with soap and water.

Rinse, rinse rinse your hands,
Rinse, rinse rinse your hands,
Rinse, rinse rinse your hands,
Rinse them under water.

Dry, dry, dry your hands,
Dry, dry, dry your hands,
Dry, dry, dry your hands,
Dry off all the water.

Cough or Sneeze

Sung To: "Mary had a little lamb"

When you have to cough or sneeze, cough or sneeze, cough or sneeze,
When you have to cough or sneeze, cover your mouth please

Hand Washing Song

Sung To: "Twinkle, Twinkle Little Star"

Sing this song while washing. Helps with proper hand washing skills. It takes about 30 seconds which is the amount of time one should take to allow antibacterial soap to do its job.

I can wash my hands you see,
Wash them clean as clean can be.

Inside, outside, my fingers, too
Around my thumbs and then I'm through,

Now rinse away the dirt and stains,
Send those germs down the drain!

Sneeze Song

Sung To: "Farmer In The Dell"

I think --I am going to sneeze ..(ha chew!)
I think --I am going to sneeze ..(ha chew)

If you sneeze, pass the tissue please....
Ha Chew, Ha Chew, Ha Chew

The Soap on Your Hands

The soap on your hands goes sud, sud, sud, sud, sud, sud, Sud, sud, sud.
The soap on your hands goes sud, sud, sud, And the germs go down the drain.

To the tune Row, Row, Row Your Boat:

Wash, wash wash your hands
Wash them everyday
Tops and bottoms and in between
To keep the germs away!

I Need A Tissue!

Sung To: "Old MacDonald"
Can be used with a puppet

I have myself a rotten cold
AA-AA-ACHOO!
I have myself a rotten cold
AA-AA-ACHOO
I need a tissue, I need a tissue
I have myself a rotten cold
AA-AA-ACHOO!

When I'm at school I catch my sneeze
(catch your sneeze in your arm)
AA-AA-AACHOO!
When I'm at school I catch my sneeze
AA-AA-AACHOO!
I need a tissue, I need a tissue

To get rid of the germs I wash my hands
Washy, washy, wash
So no one else will feel like this
Washy, washy, Wash
I need a tissue, I need a tissue
To get rid of the germs, I wash my hands
Washy, washy, wash

When I go home, I take a rest
Snoore
I find a warm place that I like to cuddle best
Snoore
I need a tissue, I need a tissue
When I go home, I take a rest
Snoore, good night!
When I'm at school I catch my sneeze
AA-AA-AACHOO
