

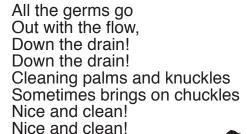
Singing While You Scrub

Experts say that washing your hands for at least 20 seconds is the best way to make sure you remove germs and gunk. Memorize and sing one of these songs while you scrub to help you make sure that you wash long enough.

GOOEY, GRIMEY HANDS

(Sung to the tune of "Frére Jacques")

Gooey,
Grimey,
Stickey,
Slimey
Scrub those hands!
Scrub those hands!
With warm and soapy water
Every son and daughter,
Scrub those hands!
Scrub those hands!



Right hand Left hand Right hand Left hand Scrub them clean! Scrub them clean! Let the bubbles linger Over every finger Rinse and dry! Rinse and dry!





THE AFTER RECESS SONG

(Sung to the tune of "Twinkle Twinkle Little Star")

My hands are an icky mess
Got them dirty at recess.
Through the tanbark, I did crawl.
Sneezed upon them in the hall.
It's time for lunch!
What shall I do?
I don't want to
Catch the flu!



How to make these germs un-cling? Soapy water is the thing! Scrub both my hands On both sides. Down the drain The germs all glide. Rinse and dry And then I'm done. Getting clean is kind of fun!

THE SUPPER SONG

(Sung to the tune of "The Muffin Man")

Are you ready to eat dinner now, Eat dinner now, eat dinner now Before you start to eat your chow You've got to wash your hands!

I sing this song and scrub my hands, And scrub my hands, and scrub my hands Every smart kid understands You've got to clean up first!



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