

Chants

CHANT:

.....

Wash, wash, wash
Your hands.
Get them nice and
clean!
Scrub the tops
And scrub the bottoms,
And don't forget in
between!



CHANT:

.....

Catch, catch, catch your
sneeze
In your elbow please!
That's the way to keep us
all
happy and healthy!



CHANT:

.....

Wash your hands
Wash your hands
Wash your hands with soap
and
Water.
Sing a song to pass the time,
Dry your hands with paper
Towels.



CHANT:

.....

Let's keep a little distance
Some distance, some
distance
Let's keep a little distance
Between you and me!
So my germs stay my germs
And your germs stay your
germs.
Let's keep a little distance
Between you and me.



CHANT:

.....

Tops and bottoms
Tops and bottoms
In between
All around your hands
All around your hands
Now they are clean
Now they are clean.



CHANT:

.....

Twinkle, twinkle, little star,
Look how clean my two
hands are.
Soap and water, wash
and scrub,
Get those germs off rub-
a-dub.
Twinkle, twinkle little star.
Look how clean my two
hands are.



CHANT:

.....

Hello, hello
Can you clap your
hands?
Hello, hello
Can you clap your
hands?
Can you stretch up high?
Can you touch your
toes?
Can you turn around?
Can you say "hello"?



CHANT:

.....

Wash, wash, wash
Your hands.
Get them nice and
clean!
Scrub the tops
And scrub the
bottoms,
And don't forget in
between!



ACTIONS:

.....

Jump up and
down
10 times.



ACTIONS:

.....

Hop on your left
foot
5 times.



ACTIONS:

.....

Run to the nearest
door and run back.



ACTIONS:

.....

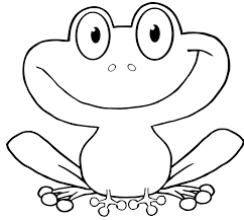
Balance on your
right foot and
count up to 15.



ACTIONS:

.....

Hop like a frog 8 times.



ACTIONS:

.....

Pick up a ball without using your hands.



ACTIONS:

.....

Bend down and touch your toes 6+6 times.



ACTIONS:

.....

Pretend to ride a horse while you count to 10+10.



