

## **Piggyback Songs**

### **\*Mary had a Little Lamb**

Please be sure and wash your hands  
Wash your hands, wash your hands  
Please be sure and wash your hands  
Every time you sneeze!

### **\*Frere Jacques**

Are you coughing?  
Are you sneezing?  
Cover your mouth,  
Cover your mouth  
Germs are always flying  
Germs are always flying  
Wash your hands  
Wash your hands

### **\*Mary had a Little Lamb**

I love to eat my vegetables,  
Vegetables, vegetables  
I love to eat my vegetables  
Every single day

### **\*Mary had a Little Lamb**

If you feel you have to sneeze  
Have to cough, have to wheeze  
Quickly get a tissue please  
Please don't sneeze on me!

### **\*Mary had a Little Lamb**

Throw it in the garbage can  
Do it quickly, as you can  
Then please go and wash your hands  
Wash your hands for me!

### **\*Frere Jacques**

Eat your veggies  
At your carrots  
Grow up strong  
Grow up strong  
Spinach is so tasty  
Collard greens are yummy  
Eat them up  
Eat them up

### **\*Mary had a Little Lamb**

Now it's time to go outside  
Go outside, go outside  
Now it's time to go outside  
And breathe some fresh clean air

**\*Mary had a Little Lamb**

Mary had a little germ  
Little germ, little germ  
Mary had a little germ  
So she got sick today

**\*Mary had a Little Lamb**

She couldn't go to school that day  
School that day, school that day  
She couldn't go to school that day  
And it made her cry

**\*Mary had a Little Lamb**

She learned how to wash her hands  
Wash her hands, wash her hands  
She learned how to wash her hands  
And wash those germs away!

**\*Mary had a Little Lamb**

Its four o'clock and time for snack  
Time for snack, time for snack  
Its four o'clock and time for snack  
So let's go wash our hands.  
Turn on the water and wet your hands  
Wet your hands, wet your hands  
Turn on the water and wet your hands  
Be sure to move your sleeves.  
Next step is to squirt the soap  
Squirt the soap, squirt the soap  
Next step is to squirt the soap  
To kill the nasty germs.

**\*The Itsy Bitsy Spider**

The Itsy Bitsy germ crawled up your hand and arms  
Down came soap and washed the germs away  
Out came the towel and dried up all the hands  
So the itsy bitsy germ was gone again today

**\*Row Row Row Your Boat**

Wash wash wash your hands  
After you go potty  
And remember to use the Kleenex  
When your nose is snotty

**\*Mary Had A Little Lamb**

Now it's time to brush your teeth  
Brush your teeth, brush your teeth  
Now its time to brush your teeth  
We don't want cavities

**\*Row Row Row Your Boat**

Wash, wash wash your hands

Wash the germs away  
Squirt the soap and scrub away  
Do it several times a day

**\*Mary Had a Little Lamb**

This is how we brush our teeth  
Brush our teeth, brush our teeth  
This is how we brush our teeth  
All together hold  
First you put the toothpaste on  
Toothpaste on, toothpaste on  
First you put the toothpaste on  
Now move it up and down

**\*Mary had a Little Lamb**

After the bathroom we wash our hands  
Wash our hands, wash our hands  
After the bathroom we wash our hands  
To keep the germs away

**\*Jingle Bells**

Wash your hands  
Soap your hands  
Rub them to and fro  
Rinse your hands  
Dry your hands  
Then you're set to go

**\*London Bridge**

Hurry up and catch that sneeze  
Catch that sneeze, catch that sneeze  
Hurry up and catch that sneeze  
Tissues over there  
Now its time to wash our hands  
Wash our hands, wash our hands  
Now its time to wash our hands  
Then we can have a snack  
Get your jacket, get your jacket  
Now your hat, now your hat  
Put your fingers in your gloves  
Put your fingers in you gloves  
Outside, outside play

**\*Who Stole the Cookie From the Cookie Jar**

Who washed their hands in the bathroom so far  
Who Me?  
Yes you  
Very good  
Now who?  
Mike washed his hands in the bathroom so far.

**\*To Johnny Comes Marching Home**

The Germs are marching one by one  
Boo Hoo, Boo Hoo  
Its time to wash them out again  
Hoo Roo, Hoo Roo  
So soap them up and rinse them out  
So you won't get a real bad cough  
And well all go home feeling pretty good

**\*Here we go round the Mulberry Bush**

This is the way we brush our teeth  
Brush our teeth, brush our teeth  
This is the way we brush our teeth  
After lunch is over  
We brush our teeth up and down  
Up and down up and down  
We brush our teeth up and down  
Every single day  
We brush our teeth back and forth  
Back and forth, back and forth  
We brush our teeth back and forth  
Every single day.

**\*Mary Had a Little Lamb**

(childs name) Had a little sneeze  
Little sneeze, little sneeze  
(childs name ) Had a Little sneeze  
So he grabbed a tissue  
Now the germs are wiped away  
Wiped away, wiped away  
Now the germs are wiped away  
Now its time to play

**\*Row Row Row Your Boat**

Wash, Wash, Wash your hands  
Wash them all day long  
Wash the fronts and wash the backs  
Until the germs are gone!

**\*Twinkle Twinkle Little Star**

Now its nap time, get you mat  
We will take a little nap  
Rest is good for you will see  
It will make you feel happy  
When you wake you'll want to run  
Till the rest of the day is done

**\*This is the way we go to school**

This is the way we play outside  
Play outside, play outside  
This is the way we play outside  
Everyday at school

This is the way we run and play  
Run and play, run and play  
This is the way we run and play everyday at school  
""This is the way we kick the ball  
""This is the way we somersault  
""This is the way we skip real fast  
""This is the way we hop, hop, hop  
""This is the way we jump and jump

**\*Twinkle Twinkle Little Star**

Yummy, yummy broccoli  
Apples, oranges and green peas  
Oh our plates we'll eat it up  
Drink our milk from our cups  
Yummy, yummy broccoli  
It is very good for me

**\*Row, Row, Row Your Boat**

Wash, wash, wash your hands  
Wash them in the sink  
Scrub them well with lots of soap  
Otherwise they stink!

**\*London Bridges**

Wash the fronts and then the backs  
Fronts then backs, fronts then backs  
Wash the fronts and then the backs  
Don't forget in between!

**\*Frere Jacques**

Brush your teeth  
Brush your teeth  
Up and down  
You can make a smile  
You can make a frown  
Brush your teeth  
Brush your teeth

**\*Frere Jacques**

Wash your hands, wash your hands  
Use lots of soap, use lots of soap  
Make sure they are nice and clean  
Make sure they are nice and clean  
Now you're done, now you're done

**\*Frere Jacques**

Rinse your hands off, soap your hands up  
Scrub real hard, scrub real hard  
Wash for 30 seconds, top and bottom and nails too  
Rinse real good, rinse real good

I'll make Valentines with my friends  
With my friends, with my friends  
We use glitter and hearts and glue  
Hearts and glue, hearts and glue  
All thru the day

**\*Frere Jacques**

Use a tissue, use a tissue  
To catch the germs, catch the germs  
Throw it in the garbage, throw it in the garbage  
And wash your hands, and wash your hands

This is how we wash our hands  
Wash our hands, wash our hands  
This is how we was our hands  
Using soap and water

Now its time to go to play  
Go to play, go to play  
Now its time to go to play  
To keep healthy

**\*London Bridge**

Now its time to wash your hands  
Wash your hands, wash your hand  
Now its time to wash your hands  
Scrub, scrub, scrub

**\*London Bridge**

Everybody get lined up  
Get lined up, get lined up  
Everybody get lined up  
Its time to wash your hands

**\*Frere Jacques**

Are you sneezing?  
Are you coughing?  
Cover your mouth!  
Blow your nose!  
Throw away the tissues  
Throw away the tissues  
Wash your hands  
Wash your hands!

**\*Frere Jacques**

Wash your hands, wash your hands  
Use lots of soap, used lots of soap  
Make sure they are nice and clean  
Make sure they are nice and clean  
Now you're done, now you're done

**\*Frere Jacques**

Brush your teeth, brush your teeth  
Up and down, up and down  
You can make a smile, you can make a frown  
Brush your teeth, brush your teeth

**\*Frere Jacques**

Use a tissue, use a tissue  
To catch the germs, to catch the germs  
Throw it in the garbage, throw it in the garbage  
And wash your hands, and wash your hands.

**\*Itsy Bitsy Spider**

Its time to change you diaper upon the table now  
I'll put gloves on and try not to frown  
Here comes the wet wipes to get you fresh and clean  
Then we'll disinfect the area and head for the sink

**\*Mary Had a Little Lamb**

Its is time to wash our hand  
Wash our hands, wash our hands  
Washing over washing under  
Rinsing of the sink  
Now its time to wash our hands  
Come to the sink

**\*Itsy Bitsy Spider**

The itchy itchy nose needs a tissue now  
Go to the box and get a tissue now  
Wipe off your nose and throw the tissue away  
Then we go to the sink and wash the germs away

**\*Itsy Bitsy Spider**

The Itsy Bitsy Spider went up the nostril spout  
Down came the mucus and wiped the spider out  
Out came the tissue and dried up all the mucus  
And the itsy bitsy spider went up the nostril again

**\*Mary Had a Little Lamb**

Kairi has a cold today  
Cold today, cold today  
Kairi has a cold today  
There's a lot of tissue on the table

**\*Itsy Bitsy Spider**

Itsy bitsy spider  
Put the toys away  
Pick them up one by one  
Until their all away

**\*London Bridge**

Now its time to wash your hands

Wash your hands, wash your hands  
Now its time to wash your hands  
Cause its meal time

**\*Frere Jacques**

Cover you nose, cover your mouth  
When you sneeze, when you sneeze  
So you won't spread germs, so you won't spread germs  
Cover your mouth, cover your mouth

Now its time to take a nap  
Take a nap, take a nap  
Now its time to take a nap  
Then close your eyes  
Dream about the happy things  
Happy things, happy things  
And the moon and stars  
Have a nice little rest  
Little rest, little rest  
Have a nice little rest  
And wake up big and strong

Now it's time to bury the gerbil  
Bury the gerbil, bury the gerbil  
Now its time to bury the gerbil  
Then we wash our hands

**\*Mary Had a Little Lamb**

Brush, brush brush your teeth  
At the bathroom sink  
Make sure you get them all  
And you'll twinkle as you speak

**\*Head Shoulder, Knees and Toes**

Hat, coat, gloves and boots  
Gloves and boots  
Hat, coat, gloves and boots  
Gloves and boots  
Warm head body hands and feet  
Hat, coat, gloves and boots

**\*Twinkle Twinkle Little Star**

Washy, washy, wash your hands  
Lots of soap and water warm  
Let the germs run down the drain  
Throw your paper towel away  
Washy, washy nice and clean  
Time to eat your veggies green!

**\*Frere Jacques**

Are you sneezing?  
Are you coughing?



Cover your mouth!  
Blow your nose!  
Throw away the tissues  
Throw away the tissues  
Wash your hands  
Wash your hands!

**\*London Bridges**

Eat your apple everyday  
Everyday, everyday  
Eat your apple everyday  
And keep healthy

**\*Frere Jacques**

Please don't bite  
Please don't bite  
It can make them sad  
It can make them cry  
Please don't bite  
Please don't bite

**\*Sing to the Addams Family theme song**

"Days of the week" (snap, snap)  
"Days of the week" (snap, snap)  
"There's Sunday and there's Monday..."

**\*Twinkle Twinkle Little Star**

Wash your hands with running water  
Use the soap bar or liquid  
Rinse them off, dry them off  
Then turn off faucet with the towel  
Now you have clean hands  
And you will keep a healthy body!

**\*London Bridges**

Rinse your hands off,  
Soap your hands off  
Scrub real hard,  
Scrub real hard  
Wash for 30 seconds,  
Wash for 30 seconds  
Rinse real good,  
Rinse real good

**\*Frere Jacques**

Brush your teeth  
Brush your teeth  
Up and down,  
Up and down  
You can make a smile,  
You can make a frown

Brush your teeth,  
Brush your teeth

**\*Row Row Row Your Boat**

Wash, wash, wash your hands  
Several times a day  
Squirt the soap and scrub your hands  
Wash the germs away

**\*Row Row Row Your Boat**

Wash, wash, wash your hands  
After you go potty  
And remember to use the Kleenex  
When your nose is snotty

**\*Mary had a little Lamb**

(Mary) has to wash her hands, wash her hands, wash her hands,  
(Mary has to wash her hands  
To wash the germs away

**\*Frere Jacques**

Brush your teeth,  
Brush your teeth  
Up and down,  
Up and down  
Do it twice a day,  
Do it twice a day  
Don't delay. Start today.

**\*London Bridges**

We will wash our germs away,  
Germs away, germs away  
We will wash our germs away  
With soap and water

**\*The Itsy Bitsy Spider**

The itsy bitsy fingers need to be so clean  
Bring out the soap and pour the water on  
Scrub it all together till the bubbles burst  
And the itsy bitsy fingers are clean all over

**\*Twinkle Twinkle**

Twinkle twinkle little star  
Look at how clean you are

Wash your hands with soap each day  
It will keep the germs away

**\*Itsy bitsy spider**

The itsy bitsy germies sat on my pinky  
I turned on the water and washed them down the sinky  
I forgot to use the soap and back they marched back in  
So I soaped and soaped and soaped  
And never saw them again

**\*Mary had a Little Lamb**

We use soap to kill the germs,  
kill the germs, kill the germs  
We use soap to kill the germs  
S that we don't get sick.

Being sick is not much fun,  
Not much fun, not much fun  
Being sick is not much fun,  
That's why we wash our hands.

**\*Frere Jacques**

Fruits and veggies,  
Fruits and veggies  
Healthy snacks,  
Healthy snacks  
We bring only good foods  
So we can eat without our sponns  
From our lunches  
From our lunches

**\*Mary had a Little Lamb**

Everyone get on your coats,  
On your gloves,  
On your hats  
Everyone get on your coats,  
It's time to go outside

**\*Here we go Round the Mulberry Bush**

This is the way we brush our teeth,  
Brush our teeth, brush our teeth  
This is the way we brush our teeth,  
When lunch is over  
We brush our teeth up and down,  
Back and forth, up and down  
We brush our teeth just like this  
Every single day

**\*Mary had a Little Lamb**

Brush brush brush your teeth  
At the bathroom sink  
Make sure you get them all  
And you'll sparkle as you speak

**\*Head, Shoulders, Knees and Toes**

Hat, Coat, Gloves and boots, gloves and boots,  
Hat, Coat, Gloves and boots, gloves and boots  
Head and body, hands and feet  
Hat, Coat, Gloves and boots, gloves and boots

**\*London Bridges**

Hurry up and catch that sneeze  
Catch that sneeze, catch that sneeze  
Hurry up and catch that sneeze  
Tissues over there

**\*Frere Jacques**

Get your jacket, get your jacket  
Now your hat, now your hat  
Put your fingers in your gloves,  
Put your fingers in your gloves  
Outside play, Outside play

**\*Mary had a Little Lamb**

(Child) had a little sneeze,  
Little sneeze, little sneeze  
(child) had a little sneeze  
So he grabbed a tissue

Now the germs are wiped away,  
Wiped away, wiped away  
Now the germs are wiped away  
And it's time to play