

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**

(child's name) Had a little sneeze
Little sneeze, little sneeze
(child's 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
So 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 spoons
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