**Focus**: **Hand washing** (To the tune of “Frère Jacques”)

Wash my hands, wash my hands

Add a little soap (squirt), add a little soap (squirt)

Rub my hands together, rub my hands together

Make lots of bubbles, make lots of bubbles (clap, clap)

Do it again, do it again

Rinse my hands (shake), rinse my hands (shake)

Shake off all the water, shake off all the water

Dry my hands well, dry my hands well!

**Focus: Brushing Teeth** (To the tune of “Mulberry Bush”)

This is the way we brush our teeth, brush our teeth, brush our teeth

This is the way we brush our teeth, at least two times a day

Put a little toothpaste on the brush, on the brush, on the brush

Put a little toothpaste on the brush, at least two times a day

Brush in circles, front and back, front and back, front and back

Brush in circles, front back, at least two times a day

Rinse with water then spit it out, spit it out, spit it out

Rise with water and spit it out, at least two times a day

Take care of your teeth every day, every day, every day

Take care of your teeth every day, and they will take care of you

**Focus: Sun Safety** (To the tune of “You Are My Sunshine”)

We love the sunshine, the nice warm sunshine

The sun is shining when skies are grey

We must remember, the sun can hurt you, so protect yourself each day

Wear lots of sunscreen, long sleeves and hats

Don’t let the sun burn you while you play

We must remember, the sun can hurt you, so protect yourself each day

Drink lots of water while in the sunshine

Hydrate your mind and body each day

We must remember, the sun can hurt you, so protect yourself each day

*These songs were created by Diana Decker, CPIN Region 7*