



CLAPPING GAMES

Try adapting this song to a clapping game.
Clapping games encourage children to:
keep to the beat, work together and improvise.



Clap and pat for the beginning of the song.

Roll your hands to keep away the germs and then shake them with an 'urgh.'

Clap and pat again and then rub each others hands and
and draw a circle whilst touching your partners hands to show that they are 'nice
and clean'

Clap and pat for the beginning of verse two.

Roll your hands to keep away the germs and then shake them with an 'urgh.'

Clap and pat as you sing the vegetables

Pat and rub your tummy

Clap and pat for the beginning of verse three.

Roll your hands to keep away the germs and then shake them with an 'urgh.'

Wash your face and hands and blow a kiss

Pat and raise hands with a jump and then cuddle yourself and fingers to lips - shh

Check out our

YouTube channel



Ring Game

Ring games are fun especially when the children can run into the middle as they hold hands. Here are some suggestions for actions, but we're sure you'll think of some great ones yourselves.

You could:

- Hold hands and walk around in the circle and run in and out each time you sing 'urgh'.
- Make the circle move faster for 'rub a dub'
- Stamp feet into the middle as you call out the vegetables and tickle each other's tummies.
- Wash your face and hands, blow a kiss jump up and move into the centre of the circle for a group hug or jump up and then all lie down on the floor fast asleep.





OTHER SONGS linked to washing and healthy activities

Have you heard some of our other new songs?

- Splishy Sploshy - washing clothes
- Eat up - encouraging to eat up
- Getting dressed - after a nappy change
- Piccolo's bike ride

We also have a Healthy Eating Playlist on Spotify.



A FUN CHALLENGE FOR CHILDREN AND ADULTS

Name some other fruit and vegetables for the second verse

Make up a new verse to 'keep all the bugs and germs away' - blow your nose with tissue, do the washing up, cook something healthy

Singing and making and playing together.

Run a bath any time of the day! Run a bath of soapy water and put in some plastic cups and saucers and have fun washing up. Then that's done, wash dolly and teddy before snuggling up for a bedtime story.

Make a healthy snack. Have fun making a healthy picnic or even sculpting some instruments from vegetables.

SING AND DRAW

We love Story Massage. Make sure you check out their site.

We find that in a music session/school lesson, the word 'massage' doesn't always work. 'Sing and Draw' explains what we are trying to do and provides an opportunity for children and adults to improvise with the 'strokes' as they sing the song.

You can draw on your partners back/baby's tummy/your thigh/palm of your hand as you sing the song.

Here are some of our ideas.



(To keep all the bugs and germs away)



Wash your hands



Eat 5 fruit and vegetables



Brush your teeth



(Kiss good night)



(Snuggle up, fall asleep, tucked up tight)



Urgh!



(Rub a dub, scrub a dub)



(In my tummy)



(Wash your face, wash your hands)



(Jump in bed)

