



My Hygiene Song Routine

Morning Routine

- Brush teeth
- Wash face
- Wash hands

After Playing Outside

- Wash hands with soap

Before Bed

- Brush teeth
- Wash hands
- Bath or shower

🎵 Sing your hygiene song while you do each step! 🎵

Create Your Own Hygiene Song

Step 1: Choose Your Tune

(Twinkle Twinkle, Row Row Row Your Boat, Wheels on the Bus)

Step 2: Write Your Song

Line 1: _____

Line 2: _____

Line 3: _____

Line 4: _____

Step 3: Add Actions

- Scrub hands
- Brush teeth
- Wash face



Sing your song every day and watch the routine become easy!