

1. Morning Time Blues

*When I woke up this morning
I just had to wash my hair
When I woke up this morning
I just had to wash my hair
You know I had to wash that dirt out
I didn't want my friends to stare*

*When I woke up this morning
I just had to wash my face
When I woke up this morning
I just had to wash my face
You know I had to get that dirt off
I didn't want to leave a trace*

*I'm washin' it on the left
And I'm washin' it on the right
I scrub my face so hard
You know it's out of sight
He's got the, he's got the
He's got the morning time
Morning time, morning time
Morning time blues
I've got the M-O-R-N-I-N-G
T-I-M-E blues, "Guitar!"*

*When I woke up this morning
I just had to brush my teeth
When I woke up this morning
I just had to brush my teeth
I wanted my teeth to look so clean
And my mouth to smell so sweet*

*I'm brushin' 'em to the left
And I'm brushin' 'em to the right*

*I brush them back and forth
It makes my smile so bright
He's got the, he's got the
He's got the morning time
Morning time, morning time
Morning time blues
I've got the M-O-R-N-I-N-G
T-I-M-E blues
I've got the morning time blues*

PURPOSE: To help promote healthy hygiene routines while getting up in the morning.

AGE: 4 and up

LANGUAGE: Washing hair and face, Left and Right, Brushing teeth.

MATERIALS: Chart paper, poster board, colored markers, books on proper hygiene.

ACTIVITIES:

1. Play the song and encourage the children to imitate the movements of washing hair, face and brushing teeth.
2. Discuss with children why it is so important to wash and take care of your body.
3. Discuss with children the importance of brushing your teeth after each meal.
4. Have the children give suggestions on the proper ways to wash hair and face and proper way to brush teeth. Chart the responses and review periodically.
5. Make simple pictures showing these routines for pre-schoolers.
6. Display picture books that promote good health habits.
7. Give children opportunities to practice good health habits whenever possible.