
Healthy Song

Learning Outcome:

- To help younger children think about what they can learn to do to be healthy.

Equipment Needed:

- Nothing

Instructions:

- Sing the song below, to the tune of 'Here we go round the mulberry bush' (<https://www.youtube.com/watch?v=LjlwUnVXQ4U>)
- As you sing the song, do the actions.
- Depending on the age of the child, you could even go and do each action as you sing that verse.

Song:

This is the way we brush our teeth, brush our teeth, brush our teeth
This is the way we brush our teeth to keep us clean and healthy!

Add other verses as appropriate, for example:

This is the way we ...comb our hair

...eat our fruit

...drink some water

...go to sleep

...jump and run

...wash our face

...have a bath

encourage the child(ren) to add extra verses!
