

Kid Scoop's SCRUB SQUAD Songbook

Singing While You Scrub

Experts say that washing your hands for at least **20 seconds** is the best way to make sure you remove germs and gunk. Memorize and sing one of these songs while you scrub to help you make sure that you wash long enough.

GOOEY, GRIMEY HANDS

(Sung to the tune of "Frère Jacques")

Gooey,
Grimey,
Stickey,
Slimey
Scrub those hands!
Scrub those hands!
With warm and soapy water
Every son and daughter,
Scrub those hands!
Scrub those hands!

All the germs go
Out with the flow,
Down the drain!
Down the drain!
Cleaning palms and knuckles
Sometimes brings on chuckles
Nice and clean!
Nice and clean!

Right hand
Left hand
Right hand
Left hand
Scrub them clean!
Scrub them clean!
Let the bubbles linger
Over every finger
Rinse and dry!
Rinse and dry!



THE AFTER RECESS SONG

(Sung to the tune of "Twinkle Twinkle Little Star")

My hands are an icky mess
Got them dirty at recess.
Through the tanbark, I did crawl.
Sneezed upon them in the hall.
It's time for lunch!
What shall I do?
I don't want to
Catch the flu!

How to make these germs un-cling?
Soapy water is the thing!
Scrub both my hands
On both sides.
Down the drain
The germs all glide.
Rinse and dry
And then I'm done.
Getting clean is kind of fun!

THE SUPPER SONG

(Sung to the tune of "The Muffin Man")

Are you ready to eat dinner now,
Eat dinner now, eat dinner now
Before you start to eat your chow
You've got to wash your hands!

I sing this song and scrub my hands,
And scrub my hands, and scrub my hands
Every smart kid understands
You've got to clean up first!