



## Hand Washing Songs

The [CDC recommends](#) washing your hands with warm, soapy water for a minimum of 20 seconds to effectively remove germs. Help children adopt this healthy practice using these fun songs.

### **“Twinkle, Twinkle Little Star (remake)”**

A few lyric changes and Twinkle, Twinkle helps guide children to scrub those little hands clean.

Twinkle, twinkle little star  
Look how clean my two hands are  
With soap and water, wash and scrub  
Got those germs off,  
rub-a-dub-dub  
Twinkle, twinkle little star  
Look how clean my two hands are

### **“If You’re Dirty and You Know It”**

*Sung to the tune of “If You’re Happy and You Know It”*

If you’re dirty and you know it  
Wash your hands  
If you’re dirty and you know it  
Wash your hands  
If you’re dirty and you know it  
Then your hands will surely show it  
If you’re dirty and you know it  
Wash your hands.

**“Row, Row, Row Your Boat (remake)”**

With a few simple edits Row, Row, Row Your Boat becomes Wash, Wash, Wash Your Hands,

Wash, wash, wash, your hands  
Got to get them clean  
Every finger one by one and lather in between  
Wash, wash, wash, your hands  
Got to get them clean  
Every finger one by one and lather in between

***This is the Way We Wash Our Hands***

(Sung to the tune of Mulberry Bush.) Sing twice to ensure you’ll meet the 20 second mark.

This is the way we wash our hands  
Wash our hands  
Wash our hands  
This is the way we wash our hands  
Before we eat our food.

Continue with these variations: After we play outside. After we play with pets. After we use the potty. After we sneeze or cough.

***“Mary had a Little Lamb”***

The first verse from “Mary had a little lamb” to “the lamb was sure to go” lasts roughly 20 seconds but we’ve included the whole song.

Mary had a little lamb, little lamb, little lamb  
Mary had a little lamb, it's fleece was white as snow  
Everywhere that Mary went  
Mary went, Mary went  
Everywhere that Mary went  
The lamb was sure to go

He followed her to school one day  
School one day, school one day  
He followed her to school one day  
Which was against the rule  
It made the children laugh and play  
Laugh and play, laugh and play  
It made the children laugh and play  
To see a lamb at school

***“Baby Shark (remake)”***

Here’s a fun remake of a wildly popular children’s song that easy to learn and catchy, too!

Wash your hands, doo, doo, doo, doo, doooooo  
Grab some soap, doo, doo, doo, doo, doooooo  
Rub your hands, doo, doo, doo, doo, doooooo  
Rinse your hands, doo, doo, doo, doo, doooooo  
Dry your hands, doo, doo, doo, doo, doooooo  
That’s how we do it, doo, doo, doo, doo, doooooo

***“Happy Birthday”***

The all-time stand by, sing this favorite twice to ensure you’ll meet the 20 second mark.

Happy Birthday to you  
Happy Birthday to you  
Happy Birthday, Happy Birthday,  
Happy Birthday to you.

***“The Soap on Your Hands”***

(Sung to the tune of The Wheels on the Bus.) Sing twice to ensure you’ll meet the 20 second mark.

The soap on your hands goes sud, sud, sud.  
Sud, sud, sud.  
Sud, sud, sud.  
The soap on your hands goes sud, sud, sud.  
And the germs go down the drain.