

Keeping the Germs Away

As children head back to school and the world braces for the swine flu, we are all teaching children the fundamentals of good hygiene. Nothing works better than a song to instill these habits! I suggest you download and play the recorded version, adding the simple hand motions. Do this once a day for the first week or two of school and you'll have a good start! Of course you can also sing the song without accompaniment, or with your own by using the sheet music with guitar chords. Have a happy, healthy fall!

Keeping the Germs Away

1. Gonna wash my hands throughout the day (pretend to wash hands)
Before I eat and after I play (ASL sign for eat, sign for play * see below)
I'm gonna scrub, dub, rub a dub dub (pretend to wash hands)
Gonna wash my hands, scrub a dub, dub, scrub-a-dub-dub
Gonna keep those germs away (push hands away)
Just doing these two things every day (hold up 2 fingers)
2. Gonna cover my mouth when I cough or sneeze
Right into my elbow, right into my sleeve
(on word "cover" lean head to inside of bent arm near elbow)
I'm gonna cover, cover, cover my mouth
(on word "cover" lean head to inside of bent arm near elbow)
When I cough or sneeze (cover, cover, cover it up)
Gonna keep those germs away (push hands away)
Just doing these two things every day (hold up 2 fingers)

(Repeat above motions during lyrics below)

Scrub a dub, dub, scrub a dub dub
Cover, cover, cover it up
Gonna keep those germs away
Gonna do these two things everyday



3. Gonna wash my hands throughout the day
Before I eat and after I play
I'm gonna cover, cover, cover my mouth
When I cough or sneeze (cover, cover, cover it up)
Gonna keep those germs away
Just doing these two things every day
I'm gonna keep those germs away
Just doing these two things every day

Cover, cover, cover it up
Scrub-a dub-dub, scrub-a-dub dub
Cover, cover, cover it up
Scrub-a dub-dub, scrub-a-dub dub

