Sausages

Five lean sausages sizzling in a pan,
Buzzle, fuzzle, sizzle and one went bang.
Four lean sausages sizzling in a pan,
Buzzle, fuzzle, sizzle and one went bang.
Three lean sausages......(and so on)

OR

Ten lean sausages sitting in a pan,
One went pop and another went bang.
Eight lean sausages sitting in a pan,
One went pop and another went bang.
Six lean sausages......(and so on)

Wibble Wobble

(Say this rhyme to the same rhythm as Wibble Wobble)

Popcorn in a pot, Sardines in a tin, Jelly on a plate,
Popcorn in a pot. Sardines in a tin, Jelly on a plate,
Hot hop! Hot hop! Squash flat! Squash flat! Wibble wobble! Wibble wobble!
Popcorn in a pot. Sardines in a tin, Jelly on a plate,

Cup and Saucer

(Actions: hold left hand palm upwards. Place right fist on left palm. Make pouring action with left hand into right fist. Raise right fist, as if drinking.)

Here is a saucer,
Here is a cup,
Pour in the milk
And drink it up.
**Two Little Apples**

Two little apples hanging on a tree,
Two little apples smiling at me.
I shook that tree as hard as I could,
Down came the apples,
Mmmmm were they good.

**Ten Rosy Apples**

(To play as a group, use 10 children or each child may use their 10 fingers)

Ten rosy apples high in a tree,
Hidden away where no one can see.
When the wind blows, rocking to and fro,
The ten rosy apples to the ground will go.

**Popcorn 1**

(Tune of *I’m a Little Teapot*)

I’m a little popcorn in a pot,
Heat me up and watch me pop,
When I get all puffed up,
Then I’m done.
Popping corn is lots of fun.

**Popcorn 2**

I have a bag of popcorn that goes pop, pop, pop,
I bought my bag of popcorn at the shop, shop, shop.
With my bag of popcorn I shall hop, hop, hop.

**Pease Porridge Hot**

Pease porridge hot,
Pease porridge cold.
Pease porridge in the pot,
Nine days old.
Some like it hot,
Some like it cold,
Some like it in the pot,
Nine days old.
To Market, To Market

To market, to market, on Saturday morn,
For prunes and potatoes and ears of sweet corn,
For rice and pasta, for apple and pear,
To market, to market, our cupboard is bare.

Five Red Apples

(Child’s name to change at each verse - can be used as a dismissal rhyme)

Five red apples in a grocery store,
(Name) bought one and then there were four.
Four red apples on the apple tree,
(Name) ate one and then there were three.
Three red apples, what did (Name) do?
Why she/he ate one then there were two.
Two red apples ripening in the sun,
One red apple and now we are done,
I ate the last one and now there are none.

Shelling Peas

I like to shell peas that are fresh from a shop.
I start at the tail end instead of at the top.
So they will explode with a wonderful pop!

The Pea Pod

(Actions - Place both hands together palm to palm.
At line three, start to open them as wide as possible, till
“plump and healthy” then clap for “pea pod popped”)

Ten little peas in a pea pod pressed.
One grew, two grew, so did all the rest.
They grew and grew and grew and grew
And grew and never stopped.
Till they grew so strong and healthy,
That the pea pod popped.
Brush the Food Out

(Tune Shake My Sillies Out)

I’m going to brush, brush, brush the food out,
Brush, brush, brush the food out.
Brush, brush, brush the food out.
Show my nice clean smile.

The Toothbrush Song

When you wake up in the morning at a quarter to one
And you can’t go back to sleep and you want to have some fun,
You brush your teeth. Ch ch ch ch, ch ch ch ch ch.

When you wake up in the morning (see below)
And you can’t go back to sleep (see below)
You brush your teeth.
Ch ch ch ch, ch ch ch ch ch.

.... at a quarter to two
.... so what do you do?
.... at a quarter to three
.... and you want a cup of tea,
.... at a quarter to four
.... because you’ve fallen on the floor,
.... at a quarter to five
.... and you feel like a jive,
.... at a quarter to six,
.... and you want to do some tricks,
.... at a quarter to seven
.... but it’s getting light, thank heaven..

When you wake up in the morning at a quarter to eight
And you’re feeling very sleepy, but you’re going to be late,
You brush your teeth!

Dismissal Rhyme

Suzie cleans her teeth, she cleans them twice a day.
She claps her hands and pats her head
As she goes out to play.
We are all Stretching

(Tune We are All Clapping)

We are all stretching, stretch, stretch, stretching
(use arms to stretch out showing freshly awoken)
We are all stretching, this fine day.

We are all washing, wash, wash, washing
(wash face with hands)
We are all washing, this fine day.

We are all eating, eat, eat, eating
(right hand scooping out from left hand and taking it up to the mouth)
We are all eating, this fine day.

We are all brushing, brush, brush, brushing
(use pointer finger in a toothbrushing action on front of mouth or teeth)
We are all brushing, this fine day.

We are all ready, waiting and ready
(sitting with hands in lap, and legs crossed)
We are all ready, this fine day.

Here’s a Tooth in Your Mouth

(Tune Here’s a House With a Wall)

Here’s a tooth in your mouth, in your mouth
(point to teeth)

Here’s a brush for your teeth, for your teeth, for your teeth,
(hold pointer finger horizontally to mouth)

We can brush, brush, brush after lunch, lunch, lunch,
(move pointer finger up and down in front of mouth)

Our teeth are shining bright, shining bright, our teeth are shining bright.
(Show a wide open smile)
Here are the Dentist’s Glasses

Here are the dentist’s glasses
(circle finger around eyes)
Here is the dentist’s gown
(smooth hands down body)
Here are the dentist’s mask and gloves
(show action of putting mask and gloves on)
Now we can all sit down.
(everyone sits down)
I am in the dentist chair, ready to be checked
(put legs out in front as if in a sitting position on a dental chair)
The dentist puts my glasses on (put fingers around eyes)
And a bib around my neck. (show action of putting a bib around the neck)

Round in Circles

(Tune Frere Jacques)
Round in circles, Round in circles
Scrub, scrub, scrub, scrub, scrub, scrub,
Jiggle them on the inside, Jiggle them on the inside,
Teeth are clean, Teeth are clean.

Song of Clean Teeth

(Tune Sing a Song of Sixpence)
Sing a song of clean teeth, at morning and at night,
Twenty healthy little teeth, strong and shining white.
I brush them, to keep them, nice and clean each day
And eat healthy foods to keep away decay.

White teeth

(Tune Twinkle, Twinkle)
White teeth, white teeth, see them gleam
When we keep them nice and clean
We will brush them every day
That will keep them from decay.
White teeth, white teeth, see them gleam
When we keep them nice and clean.
Dear Liza Tooth Song

(©Dental Health Services Victoria 2003 Tune Dear Liza Dear Liza)
There are teeth in my mouth dear Henry, dear Henry
There are teeth in my mouth dear Henry, good teeth.
With what do you clean them dear Liza, dear Liza?
With what do you clean them dear Liza, with what?
With a tooth brush and fluoride paste dear Henry, dear Henry
With a brush and fluoride paste dear Henry, cleans well.
And how do you keep them dear Liza, dear Liza?
And how do you keep them dear Liza, just how?
I eat fruit and veggies dear Henry, dear Henry
I eat fruit and veggies dear Henry, eat well.
Do you have any helpers dear Liza, dear Liza?
Do you have any helpers dear Liza, some friends?
Yes, I go to the dentist dear Henry, dear Henry
Yes, I go to the dentist dear Henry, my friend.
Can I do that for my teeth dear Liza, dear Liza?
Can I do that for my teeth dear Liza, with mine?
Yes, just eat well and drink well dear Henry, dear Henry
Play safely and clean well, dear Henry that’s it!

Sparkle, Sparkle Little Teeth

(©Dental Health Services Victoria 2003. Tune Twinkle, Twinkle Little Star)
Sparkle, sparkle little teeth
Some above and some beneath
Brush them after every meal
Clean and fresh they’ll always feel
Sparkle, sparkle little teeth
Some above and some beneath.

Snacking, snacking, it's okay
Healthy eating is the way
Eat fresh veggies, fruit and cheese
Dentist will say "I am pleased!"
Snacking, snacking, it's okay
Healthy eating is the way.