

Brushing Song

**A dab of toothpaste on your brush
Take your time no need to rush!**

**Back and Forth, Up and Down
Do some circles round and round!**

**Back and Forth, Up and Down
Do some circles round and round!**

**First the fronts and then the backs
Put the brush in all the cracks!**

**Back and Forth, Up and Down
Do some circles round and round!**

**Back and Forth, Up and Down
Do some circles round and round!**

**Brush your teeth and then your tongue
Brushing can be so much fun!**

**Get some water and take a sip
Move it round with cheeks and lips!**

**Squish it here and squish it there
Move that water everywhere!**

**Now, get ready and take a spit!
Brushing's done it's time to quit!**

I brush my teeth in the morning

(Hold their hands over their head as if they are stretching)

I brush my teeth at night

(Put hands together beside face and tilt head as if they are sleeping)

I brush my teeth on the left

(Shake their left hand and left foot)

I brush my teeth on the right

(Shake their right hand and right foot)

I brush my teeth on the bottom

(Squat down to the ground)

I brush my teeth on the top

(Jump up, raising hands above head)

I brush and brush and brush and brush

(Use finger to pretend to brush teeth back and forth)

I just might never stop

(As children say words, have them yell STOP and then silence for a few seconds)

My smile is clean and healthy

(Make a big smile)

My teeth are shiny and bright

(Put hands beside face, wiggle fingers)

I brush and brush and brush and brush

(Use finger to pretend to brush teeth back and forth)

I brush both day and night!

(As rhyme ends, jump up and down and clap)

Tooth Finger Plays

Sad Tooth, Happy Tooth

(Chant)

Sad tooth, sad tooth, full of decay
Sweets caused me to feel this way
Happy tooth, happy tooth, shiny and white
Brushing keeps me beautiful
and shining so bright.

Brush Our Teeth

(Sing to the tune of *London Bridges*, or *Mulberry Bush*)

Chorus:

This is the way we brush our teeth,
brush our teeth, brush our teeth.
This is the way we brush our teeth,
so early in the morning.

Brush them up and brush them down,
in little circles or round and round
Don't brush them from side to side,
for those sugar bugs will surely hide.

Repeat chorus



Tooth Finger Plays

The Dentist Says

(Sing to the tune of *London Bridges*, or *Mulberry Bush*)

The dentist says, "Please brush your teeth"
"Brush your teeth, Brush your teeth."
The dentist says, "Please brush your teeth,
and you'll have a healthy smile."

The dentist says, "Please floss your teeth"
"Floss your teeth, Floss your teeth."
The dentist says, "Please floss your teeth,
and you'll have a healthy smile."

The dentist says, "Please eat good food,"
"Eat good food, Eat good food,"
The dentist says, "Please eat good food,
and you'll have a healthy smile."

The dentist says, "Please don't drink pop*"
"Don't drink pop*, Don't drink pop*."
The dentist says, "Please don't drink pop*
and you'll have a healthy smile."

* Replace with "soda" if that is the word your children are used to saying.



Brush Your Teeth Song

(Sung to the tune of Row, Row, Row Your Boat)

Brush, brush, brush your teeth,
Brush the germs away!
Happy, healthy teeth you'll have,
By brushing everyday!

Floss, floss, floss your teeth,
Floss the germs away.
Happy, healthy gums you'll have,
By flossing every day!

Healthy Teeth Song

(Sung to the tune of Row, Row, Row Your Boat)

Eat, Eat healthy foods
Eat some every day
If you do, "I Love You"
is what your teeth would say!

Brush, brush, brush your teeth.
Brush them twice a day!
Brush the fronts and brush the backs
And clean your teeth will stay!

Visit, Visit, Visit the dentist,
two times every year!
The dentist helps your teeth stay
healthy.
You'll smile from ear to ear!

