

# Music Therapy and More March

<p><b>Washing Hands</b></p>	<p>This is a great song to help keep our hands germ free while we are still in the cold and flu season! Washing your hands is an important skill to learn for after we use the toilet, before we eat, after we come in from playing outside, and many more times. Use this song at home to help encourage your child to complete the entire hand washing process. Not only does it help them remember to use water and soap but encourage them to wash their hands for the entire length of the song! This song uses a familiar tune and can easily have the lyrics adapted to any situation.</p>
<p><b>It's Six O'Clock in the Morning</b></p>	<p>This is a great song to help create and keep a routine! Use this song at home to talk about what activities you do and when. For example, during the morning, you can talk about brushing your teeth, getting dressed, eating breakfast, etc. The lyrics can be adapted to talk about any activities during any time of the day. You can also use this song as a transition when moving from one activity to another. If your child is playing and it's time to eat lunch, adapt the lyrics by giving them the current time and what you are expecting them to accomplish. For example, It's 12:30 in the afternoon, what do we do, it's time to clean up, it's time to eat lunch, at 12:30 in the afternoon. As your child gets older, you can also use this song to help with telling time.</p>

<p style="text-align: center;"><b>Washing Hands</b> *Tune: Happy Birthday</p> <p style="text-align: center;">Let's wash our hands Before we eat Let's use soap and water And now we're germ free</p> <p style="text-align: center;">Let's wash our hands After the toilet Let's use soap and water And now we're germ free</p> <p style="text-align: center;">Let's wash our hands After outside Let's use soap and water And now we're germ free</p>	<p style="text-align: center;"><b>It's Six O'Clock in the Morning</b> *Tune: Hickory Dickory Dock</p> <p style="text-align: center;">It's <b>morning time</b> It's <b>morning time</b> What do you do? What do you do?</p> <p style="text-align: center;">It's time to <b>(insert own activity)</b> It's time to <b>(insert own activity)</b> It's <b>morning time</b> It's <b>morning time</b></p> <p style="text-align: center;">*bold words can easily be replaced with other times and activities</p>
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