

Thumbs Up! Songs

Breathing, Blowing, Coughing

First I blow my nose, nose, nose,
First I blow my nose, just like this

*At Least 2 tissues per person is required
each time the song is sung.*

Tissue in the bin, bin, bin
Tissue in the bin just like this

Check my nose is empty, empty, empty,
Check my nose is empty just like this (deep breath out)

Breathe in and out 5,5,5
Breathe in and out 5 just like this
(Deep breath in and out through the nose 5 times)

2 big coughs, coughs, coughs,
2 big coughs just like this

Everybody run, run, run,
Everybody run just like this (run on the spot)

Next I blow my nose, nose, nose,
Next I blow my nose just like this

Tissue in the bin, bin, bin,
Tissue in the bin just like this

Breathe in and out 5,5,5,
Breathe in and out 5 just like this

Two more big coughs, big coughs, big coughs,
Two more big coughs just like this

Everybody jump, jump, jump,
Everybody jump just like this (jump on the spot)

Do the BBC again, again, again,
Do the BBC again just like this

Until my nose is empty, empty, empty,
Until my nose is empty just like this

Then I wash my hands, hands, hands,
Then I wash my hands just like this

Last I wash my face, face, face,
Last I wash my face just like this



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