

# Thumbs Up! Songs

## How to Brush Your Teeth

Have a drink of water, water, water,  
Have a drink of water just like this

Squeeze a little toothpaste, toothpaste, toothpaste,  
Squeeze a little toothpaste just like this

Brush your teeth in circles, circles, circles,  
Brush your teeth in circles just like this

Brush your teeth with flicks, flicks, flicks,  
Brush your teeth with flicks just like this

Brush your teeth with scrubs, scrubs, scrubs,  
Brush your teeth with scrubs just like this

Even brush your tongue, tongue, tongue,  
Even brush your tongue just like this

Remember just spit out, out, out  
Remember just spit out just like this  
Pwww (spit out)

Do NOT rinse with water, water, water,  
If you rinse with water start again

*Cover mouth OR hands out wide with a big smile  
to finish the song. This will show the beautiful, clean teeth.*



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