

# Complete list of songs

## Songs about teeth

### Smile, Talk, Chew

(Sing to the tune of "The Wheels on the Bus")

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, all day long.***

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, smile, smile, smile.***

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, talk, talk, talk.***

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, chew, chew, chew.***

***This is the way we use our teeth, use our teeth, use our teeth.***

***This is the way we use our teeth, smile, talk, chew.***

### If You're Happy and You Know it

***If you're happy and you know it, clap your hands!*** (Clap your hands)

***If you're happy and you know it, clap your hands!*** (Clap your hands)

***If you're happy and you know it then your face will surely show it, if you're happy and you know it, clap your hands!*** (Clap your hands)

***If you're happy and you know it, show your teeth!*** (Show teeth)

***If you're happy and you know it, show your teeth!*** (Show teeth)

***If you're happy and you know it then your face will surely show it, if you're happy and you know it, show your teeth!*** (Show teeth)

***If you're happy and you know it, brush your teeth!*** (Make circular motions in front of face)

***If you're happy and you know it, brush your teeth!*** (Make circular motions in front of face)

***If you're happy and you know it then your face will surely show it, if you're happy and you know it, brush your teeth!*** (Make circular motions in front of face)

***If you're happy and you know it, smile big!*** (Smile big)

***If you're happy and you know it, smile big!*** (Smile big)

***If you're happy and you know it then your face will surely show it, if you're happy and you know it, smile big!*** (Smile big)





### Give a smile

(Sing to the tune of "If You're Happy and You Know It")

***If you're happy and you know it give a smile***

***If you're happy and you know it give a smile***

***If you're happy and you know it then your face is going to show it***

***If you're happy and you know it give a smile.***

***When my teeth are clean I know it 'cause I SMILE***

***When my teeth are clean I know it 'cause I SMILE***

***When my teeth are clean I know it - I'm not afraid to show it***

***When my teeth are clean I know it 'cause I SMILE***



### DRINK WELL



#### Water, water, water

***If you're feeling thirsty and you need a drink***

***Take the time to stop and think***

***Choose water 'cause it's good for you***

***That is all you have to do***

CHORUS

***Water, water, water, water***

***Drink it up***

***Turn on the tap, pour it in a cup***

***Sip it from a drink bottle too***

***Water is so good for you***

***Water is refreshing and it tastes great too***

***It is the best choice for you***

***Water helps you to run and play***

***So you can have a happy day***

CHORUS

***If you're feeling thirsty and you need a drink***

***Take the time to stop and think***

***Choose water 'cause it's good for you***

***That is all you have to do***

Repeat CHORUS x 2

**EAT WELL****Two Little Apples**

*Two little apples way up in a tree  
Stretch up, making fists for apples*

*Those little apples smiled at me  
Turn fists toward you*

*I shook that tree as hard as I could  
Pretend to shake tree trunk*

*Down fell the apples  
Drop hands down to the floor*

*Mmmm, they were good!  
Take a bite and rub your tummy*

**The Good Food Song**

(Sing to: "Old MacDonald Had A Farm")

*Vegetables are good for me,  
EE I EE I O*

*And so I eat them happily,  
EE I EE I O*

*With a carrot, carrot here,  
and a carrot, carrot there*

*Here a carrot, there a carrot  
Everywhere a carrot, carrot.*

*Vegetables are good for me,  
EE I EE I O.*

\* Use your own creativity to add other vegetables

**If You Like Apples and You Know It**

(Sing to the melody of: "If You're Happy and You Know It")

*If you like apples and you know it,  
clap your hands*

*If you like apples and you know it,  
clap your hands*

*If you like apples and you know it  
And you really want to show it*

*If you like apples and you know it,  
clap your hands*

*If you like carrots and you know it,  
stamp your feet*

*If you like carrots and you know it,  
stamp your feet*

*If you like carrots and you know  
And you really want to show it*

*If you like carrots and you know it,  
stamp your feet*

*If you like bananas and you know it,  
turn around*

*If you like bananas and you know it,  
turn around*

*If you like bananas and you know it  
And you really want to show it*

*If you like bananas and you know it,  
turn around*

*If you like broccoli and you know it,  
jump up and down*

*If you like broccoli and you know it,  
jump up and down*

*If you like broccoli and you know it  
And you really want to show it*

*If you like broccoli and you know it,  
jump up and down*

*If you like yoghurt and you know it,  
shout we do*

*If you like yoghurt and you know it,  
shout we do*

*If you like yoghurt and you know it  
And you really want to show it*

*If you like yoghurt and you know it,  
shout we do*

\* Use your own creativity to use other fruit or vegetables

## CLEAN WELL

### This is the Way We Brush Our Teeth

(Sing to the tune: Here we go round the Mulberry Bush)

***This is the way I brush my teeth  
Brush my teeth, brush my teeth***

***This is the way I brush my teeth  
So early in the morning.***

***This is the way my toothbrush goes  
Round and round, round and round***

***This is the way my toothbrush goes  
So early in the morning.***

Substitute your own words for additional verses:

***"This is the way I brush in the back,  
brush in the back," "this is the way I  
brush over my tongue, over my tongue"***  
etc.



### Brush, brush, brush your teeth

(Sing to the tune of "Row, Row, Row Your Boat")

***Brush, brush, brush your teeth***

***Gently round your gums.***

***Merrily, merrily, merrily, merrily,***

***Brushing is such fun!!***

***Brush, brush, brush your teeth***

***Brush them every day.***

***The front, the sides, the back, the top***

***To keep decay (or the bugs or germs)  
away!***

### Brushing song

(Sing to the tune of "Twinkle, Twinkle, Little Star")

***Got my toothpaste, got my brush  
I won't hurry, I won't rush.***

***Making sure my teeth are clean  
front and back and in between.***

***When I brush for quite a while  
I will have a happy smile!***



**STAY WELL****The Dentist Is My Pal**

(Sing to the tune of "The Farmer in the Dell")

***The dentist is my pal  
The dentist is my pal***

***His chair goes up*** (arms in the air)  
***His chair goes down*** (touch the ground)

***The dentist is my pal.***

***He has a waiting room  
With lots of things to do  
Books and toys for boys and girls  
Are waiting there for you.***

Chorus (repeat)

***He has me open wide  
And then he looks inside  
Carefully he checks my teeth  
And keeps them shining bright.***

Chorus (repeat)

**For more songs****NSW Government - Munch & Move songs**

<https://www.nsw.gov.au/health-and-wellbeing/healthy-living/munch-and-move/resources/munch-move-songs>

**ABC Kids – 'Watermelon' by Justine Clarke**

<https://youtu.be/yhujKmHDEEc>

**Cavity Free Kids - Activities for Early Learning: Music and Movement**

[https://cavityfreekids.org/learning\\_centers/music-movement/](https://cavityfreekids.org/learning_centers/music-movement/)

**American Dental Association -  
7 Toothbrushing Tunes Kids (and Parents)  
Will Love**

<https://www.mouthhealthy.org/en/kids-brushing-playlist>

**Mama Lisa's World - International Music &  
Culture**

[www.mamalisa.com](http://www.mamalisa.com)

