

Wash Up, Up, Up!

Wash up, up, up!

Wash up, up, up!

This is how you wash your hands:

You Wet

Lather

Scrub

Rinse, and

Dry

You wet your hands, you can use cold water

You lather your hands with a squirt of soap

Then you scrub your hands lots of different ways

You scrub the palms, one, two, three

You scrub the backs, one, two, three

You scrub the sides, one, two, three

You scrub the fingers, one, two, three

You scrub the tips, one, two, three

Then you rinse the soap off and dry your hands

And you've washed up, up, up!

One more time:

Wash up, up, up!

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This is how you wash your hands:

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Lather

Scrub

Rinse, and

Dry

Lyrics and music © 2020 Malcolm Pittman

Note: Handwashing procedure taken 4/20/20 from <https://www.cdc.gov/handwashing/handwashing-family.html>

If this is sung at a speed of one beat per second, i.e. quarter note = 60, the scrubbing section in the middle lasts the recommended 20 seconds.