



## Self-Care Songs

Sing songs or rhymes about self-care to support children to complete the task.

### For example:

*(tune: Twinkle Twinkle Little Star)*

Sleeves up, sleeves up,  
Way up high,  
First, we'll wash and then we'll dry.

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*(tune: Row Your Boat)*

Tidy, tidy, tidy up  
And tidy up some more  
Tidy, tidy, tidy up  
My toys are off the floor

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*(tune: If You're Happy and You Know It)*

Every mitten\* has a mate, has a mate  
Every mitten has a mate, has a mate  
Can (Child) find the pair?  
They're looking here and there  
Every mitten has a mate, has a mate  
\*replace mitten with sock, shoe, glove, etc.

**More Support:** Sing songs for children and model and narrate completing the tasks. Allow children to participate and help in whatever way they can.