

# Sing Your Day

## Musical Rhymes for Everyday Routines

### Good Morning Song (Tune: Twinkle Twinkle)



Good morning, good morning, it's time to rise,  
Wipe the sleep from sleepy eyes.  
Stretch your arms and touch your toes,  
Smile big, and up we go!

### Toothbrush Time Song (Tune: Row Your Boat)



Brush, brush, brush your teeth,  
Keep them clean and bright,  
Morning, night, and every time,  
Make your smile just right!

### Let's Eat! Song (Tune: If You're Happy and You Know It)



If you're hungry and you know it, find your seat!  
If you're hungry and you know it, find your seat!  
Wash your hands and grab your plate,  
We're about to celebrate,  
All of the yummy food we get to eat!

### Clean-Up Song (Tune: London Bridge)



Time to tidy up the room, up the room, up the room—  
Time to tidy up the room, we can do it!  
Toys away and books in place, books in place, books in place—  
Toys away and books in place, all together!

### Bedtime Song (Tune: You Are My Sunshine)



It's time for bedtime, let's get our jammies,  
Brush teeth and snuggle down.  
A book and kisses, maybe a lullaby—  
Now we rest safe and sound.