

# Sign Sing & Shimmy

LOVE  SIGN PRESCHOOL

## The Theme for January is Caring for Oneself

### January Schedule

#### Week 1

Review and Basic Hygienic Practices

#### Week 2

Getting Dressed and Ready in the Morning

#### Week 3

Bath Time

#### Week 4

Bed Time

#### Teachers

**Marni Sloves and  
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Happy New Year! We are excited for many fun new lessons this year and are kick starting it with the theme of caring for oneself. The month will start with a review of significant signs learned in the first half of the school year and a medley of the most popular songs. Then we will jump into learning basic hygienic practices like washing hands and brushing teeth. These important signs will be followed up with the lessons of getting dressed and ready in the morning, bath time, and bed time. The classes will include lots of fun songs, activities, and books such as the famous *Goodnight Moon*.

We will start the year off right by celebrating health, hygiene, and personal wellness...and have lots of fun while doing so!



# Some Caring for Oneself Signs



Potty



Wash



Brush Teeth



Clothes / Get Dressed



Brush Hair



Bath



Shower



Bed



Sleep

## Some songs to sing and sign

### "Wash Your Hands"

To the tune of "Row Row Row Your Boat"

WASH WASH WASH your hands,  
Many times a day,  
Scrub, Scrub, Scrub, and Rub,  
WASH the germs away!

### "Potty Song"

To the tune of  
"When the Saints Go Marching In"

Sometimes I WALK,  
Sometimes I WALK,  
Sometimes I WALK to the POTT-Y,  
Sometimes I WALK to the POTTY,  
And when I finish I can FLUSH.

Sometimes I RUN,  
Sometimes I RUN,  
Sometimes I RUN to the POTT-Y,  
Sometimes I RUN to the POTTY,  
And when I finish I can FLUSH.

Sometimes I JUMP,  
Sometimes I JUMP,  
Sometimes I JUMP to the POTT-Y,  
Sometimes I JUMP to the POTTY,  
And when I finish I can FLUSH.

### "This is the Way"

To the tune of  
"Here we go 'Round the Mulberry Bush"

This is the way we take a BATH,  
take a BATH, take a BATH,  
take a BATH,  
this is the way we take a BATH,  
Before we go to BED.

This is the way we BRUSH OUR  
TEETH,  
BRUSH OUR TEETH,  
BRUSH OUR TEETH,  
this is the way we BRUSH OUR  
TEETH,  
Before we go to BED.

This is the way we READ a BOOK,  
READ a BOOK,  
READ a BOOK,  
this is the way we READ a BOOK,  
Before we go to BED.

### "I Get Dressed"

To the tune of "Twinkle Twinkle Little Star"

In the morning I get DRESSED,  
And I want to look my best,  
I BRUSH MY TEETH and I BRUSH  
MY HAIR,  
For my body I do care,  
In the morning I get DRESSED,  
And I want to look my best,