





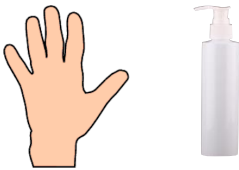


Well-being Singalong

Cue Song: The Temptations – Get ready

<u>Supporting Implement</u>	<u>Song</u>	<u>Action</u>
Bowl & Soap 	<u>Washing Hands (Mulberry bush tune)</u> This is the way we wash our hands, wash our hands, wash our hands. This is the way we wash our hands, all day long	-Use hand over hand to support pupils in washing their hands -Allow them to smell the soap
Toothbrush & toothpaste 	<u>Brushing teeth (twinkle twinkle little star tune)</u> 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.	-Allow learners to feel the toothbrush around mouth area and lips - Allow learners to smell toothpaste - Ask if they want more where appropriate
Comb/hair roller 	<u>Combing hair (frère oh jacquer tune)</u> We are combing we are combing Let's brush our hair, let's brush our hair, Brush brush brushhhhh, comb comb combbbb, We're looking smart, we're looking smart.	-allow learners to feel different parts of the roller/comb (rough and spikey) -Gently use roller/comb in learners hair
Loofa/sponge & Water 	<u>Washing face (Row row your boat tune)</u> Wash-wash-wash your face, Till it's nice and clear Scrub, scrub, scrub your head Don't forget your ears!	-Let pupils feel and explore the loofa and sponge -Dip loofa/sponge into water and gently rub on face, ask if they want more
Lip balm 	<u>Moisturising lips (London bridge tune)</u> This will make our lips all soft, lips all soft, lips all soft This will make our lips all soft Oh so soothing	-Allow pupils to smell their own lip balm -Apply lip balm to pupils lips or other body parts
Nail file 	<u>Cleaning nails (the whole world in his hands tune)</u> We've got to clean our nails, everyday We've got to clean our nails, everyday We've got to brush and file, everyday That's how we keep the dirt away	-Allow pupils to feel texture of nail file -gently file the nails of the learners, where possible -Allow pupils to feel nail brush and brush their nails

<p>Hand massage</p> 	<p><u>Slow massage music</u></p>	<p>-Allow pupils to smell cream and make a choice where possible -Give pupils a hand massage working into their arms/hands/fingers etc.</p>
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