

# Getting up

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*An action rhyme and morning story for the very young.*

*Routines are important for young children helping to develop a comfortable sense of order. This little verse is by Lillian McCrea and found in 'The book of 1000 poems', published in 1942. Recite with rhythm.*

**Dramatise each activity having fun with the splashing and scrubbing words.  
On the last line raise arms and lower them downwards and forwards quickly with fingers running.**



When I get up in the morning  
I'll tell you what I do,  
I wash my hands and wash my face  
Splishety-splash, splishety-splash.  
I clean my teeth till they're shining white,  
Scrubbit-scrub, scrubbit-scrub,  
Then I put on my clothes and brush my hair,  
And runnity-run, I run downstairs.