

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,
Scrubbity-scrub, scrubbity-scrub,
Then I put on my clothes and brush my hair,
And runnity-run, I run downstairs.