

Bear Feels Sick Songs

Wash your hands

Original author unknown
Sung to: "Row, Row your boat"

Wash, wash, wash your hands,
Wash them every day!
Scrub and rub and scrub and rub,
Wash those germs away.

My Mommy Helps Me

Original author unknown
Sung to: "My Bonnie Lies over the Ocean"

My mommy (or daddy) helps me when I'm sick.
My mommy helps me when I'm blue.
My mommy helps me when I'm sad.
Thanks, Mom, for all that you do!
You help, you help,
You help me feel so much better.
You help, you help,
You help me feel so much better.

THE DOCTOR IN THE CLINIC

Sing to: the tune of Farmer in the dell

The doctor in the clinic.
The doctor in the clinic.
Hi-ho the derry-o,
The doctor in the clinic.

The doctor takes a nurse...
The nurse takes a patient...
The patient gets help...
The patient gets better...

I'VE GOT A COLD

I've got a cold
My nose can't smell
My eyes are red
I don't feel well
So I'll drink my juice
And go to bed. . .
My nose feels better
And so does my head!

look all miserable and point to yourself

point to your nose

point to both your eyes

hand on forehead like a headache

pretend to drink glass of juice

fold hands under tilted head, close eyes

look happy and point to nose

look very happy and point to head

Say it as if you are sick ("I'b godd a code, my doze cadd smell" etc) during the first part and talk normally when you are "recovered."