



**Listen and number. Then sing the song.**

<sup>1</sup>**Wake up**, <sup>2</sup>**get up**.  
Go and <sup>3</sup>**have a shower**.  
Wake up, get up.  
Time for us to run!

Get your <sup>4</sup>**towel**, get dry.  
Now go and <sup>5</sup>**get dressed**.  
Get your towel, get dry.  
Time for us to run!

Sit down for breakfast.  
Milk or juice for you?  
Sit down for breakfast.  
Time for us to run!

Clean your teeth.  
<sup>6</sup>**Toothpaste** on your <sup>7</sup>**toothbrush**.  
Clean your teeth.  
Time for us to run!

Wake up, get up,  
Go and have a shower.  
Wake up, get up,  
Get dressed, <sup>8</sup>**have breakfast**,  
Clean your teeth and run!

Time for us to run! (x3)



**LIVEWORKSHEETS**