



BarnaBee's Theme

'Buzzing & Brushing'

Lyrics:

Hey! It's me. BarnaBee.

Great to see you!

We're going to do some buzzing and some brushing.

Just a smear of full fluoride toothpaste is all my big preschool friends need on their brush.

All my buddies at school need a dob of toothpaste about the size of a pea.

Great! Now, start by wiggling your bottom like this.

That's it!

We wiggle down for our bottom teeth and we wiggle up for our top teeth.

You'll get the hang of it.

Keep wiggling. 4. 3. 2. 1.

Bottom left. Bottom left and Back and forth. Back and forth.

And Bottom right. Bottom right. Back and forth. Back and forth.

Top left. Top left. Back and forth. Back and forth.

Top right. Top right. Back and forth. Back and forth.

Ha ha. Yeah. That's it! Now, let's do the front ones.

Ready?

On the outsides. Up and down. Up and down. Side to side. Side to side.

Brush along your gum and wiggle your...bottom.

Ha ha ha ha!

Brush the insides. Up and down. Up and down. Up and down.

Yeehee! Freestyle! Ha ha, yeah!

Bzzz bzzz bzzz bzzz bzzz...

Brushing for two minutes after breakfast and before bed really helps deal to plaque and harmful bacteria.

Keep going. You're almost there.

Bzzz bzzz bzzz bzzz bzzz...

Brush that tongue.

All done!

