

Bonnes Habitudes

Healthy Habits · lyric sheets + word cards for 4 songs

Language
Learning
with Songs

WHAT'S INSIDE

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| 1. Je Me Brosse les Dents Brush My Teeth | lyrics + 11 word cards |
| 2. Lave-Toi les Mains Wash Your Hands | lyrics + 11 word cards |
| 3. Manger Sain Eat Well, Drink Water | lyrics + 11 word cards |
| 4. Chez le Docteur At the Doctor | lyrics + 10 word cards |

HOW TO USE THEM

- **Sing first, read second.**
Play the song, then follow the lyric sheet together. Point to each line as it is sung.
- **Call and response.**
One person sings a line, everyone answers. Great for circle time and car rides.
- **Word card games.**
Cut out the cards and play memory: match each word card with its English meaning card.
- **Stick it up.**
Put a lyric sheet on the fridge or classroom wall and sing it once a day for a week.

Hear every song in French

Original bilingual songs for kids 2–8, with lyrics and translation on screen:
[languagewithsongs.com/learn/french](https://www.languagewithsongs.com/learn/french)

Je Me Brosse les Dents

"Brush My Teeth" • sing it, then read what it means

SING

WHAT IT MEANS

Toothbrush!	La brosse à dents !
La brosse à dents!	Toothbrush!
Toothpaste!	Le dentifrice!
Le dentifrice!	Toothpaste!
Ready, set?	Prêts ?
Oui, c'est parti!	Yes, here we go!
Brush your teeth!	Brosse-toi les dents!
Brosse-toi les dents!	Brush your teeth!
Up and down!	De haut en bas!
De haut en bas!	Up and down!
Up and down!	De haut en bas!
De haut en bas!	Up and down!
Top teeth?	Les dents du haut ?
Les dents du haut!	Top teeth!
Bottom teeth?	Les dents du bas ?
Les dents du bas!	Bottom teeth!
Brush, brush, brush your teeth!	Brosse, brosse, brosse-toi les dents !
Brosse-toi les dents!	Brush, brush, brush your teeth!
Round and round, then up and down!	On tourne, on tourne, puis de haut en bas !
De haut en bas!	Round and round, then up and down!
Top teeth, bottom teeth!	Les dents du haut, les dents du bas!
Les dents du haut, les dents du bas!	Top teeth, bottom teeth!
Clean and shiny!	Propres et brillantes!
Propres et brillantes!	Clean and shiny!
Brush, brush, brush your teeth!	Brosse, brosse, brosse-toi les dents !
Front teeth!	Les dents de devant!
Les dents de devant!	Front teeth!

Je Me Brosse les Dents

SING

WHAT IT MEANS

Back teeth!

Les dents du fond!

Les dents du fond!

Back teeth!

Brush the front!

Brosse devant!

Brosse devant!

Brush the front!

Brush the back!

Brosse au fond!

Brosse au fond!

Brush the back!

A little bit of toothpaste!

Un peu de dentifrice!

Un peu de dentifrice!

A little bit of toothpaste!

Spit!

Crache!

Crache!

Spit!

Rinse!

Rince!

Rince!

Rinse!

All done?

C'est fini ?

Oui, c'est fini!

Yes, all done!

Show me!

Montre-moi !

Un grand sourire!

A big smile!

Brush, brush, brush your teeth!

Brosse, brosse, brosse-toi les dents !

Brosse-toi les dents!

Brush, brush, brush your teeth!

Round and round, then up and down!

On tourne, on tourne, puis de haut en bas !

De haut en bas!

Round and round, then up and down!

Top teeth, bottom teeth!

Les dents du haut, les dents du bas!

Les dents du haut, les dents du bas!

Top teeth, bottom teeth!

Clean and shiny!

Propres et brillantes!

Propres et brillantes!

Clean and shiny!

Brush, brush, brush your teeth!

Brosse, brosse, brosse-toi les dents !

What's toothbrush in French?

La brosse à dents!

Toothbrush!

What's toothpaste in French?

Je Me Brosse les Dents

SING

Le dentifrice!

Spit and rinse!

Crache et rince!

One more time!

Encore une fois!

Brush, brush, brush your teeth!

Brosse-toi les dents!

Round and round, then up and down!

De haut en bas!

Top teeth, bottom teeth!

Les dents du haut, les dents du bas!

Clean and shiny!

Propres et brillantes!

Un grand sourire, big and bright!

Brush your teeth, and you're just right!

WHAT IT MEANS

Toothpaste!

Crache et rince!

Spit and rinse!

Encore une fois!

One more time!

Brosse, brosse, brosse-toi les dents !

Brush, brush, brush your teeth!

On tourne, on tourne, puis de haut en bas !

Round and round, then up and down!

Les dents du haut, les dents du bas!

Top teeth, bottom teeth!

Propres et brillantes!

Clean and shiny!

Brosse-toi les dents, et tout va bien !

KEY WORDS

la brosse à dents = toothbrush

les dents = teeth

de haut en bas = up and down

les dents du bas = bottom teeth

le dentifrice = toothpaste

brosse-toi les dents = brush your teeth

les dents du haut = top teeth

crache = spit

Je Me Brosse les Dents

Cut along the dashed lines • match each word to its meaning

Language
Learning
with Songs

FRENCH

la brosse à dents

toothbrush

ENGLISH

toothbrush

Find the French word!

FRENCH

le dentifrice

toothpaste

ENGLISH

toothpaste

Find the French word!

FRENCH

les dents

teeth

ENGLISH

teeth

Find the French word!

FRENCH

brosse-toi les dents

brush your teeth

ENGLISH

brush your teeth

Find the French word!

Je Me Brosse les Dents

Cut along the dashed lines • match each word to its meaning

Language
Learning
with Songs

FRENCH

de haut en bas

up and down

ENGLISH

up and down

Find the French word!

FRENCH

les dents du haut

top teeth

ENGLISH

top teeth

Find the French word!

FRENCH

les dents du bas

bottom teeth

ENGLISH

bottom teeth

Find the French word!

FRENCH

crache

spit

ENGLISH

spit

Find the French word!

Je Me Brosse les Dents

Cut along the dashed lines • match each word to its meaning

Language
Learning
with Songs

FRENCH

rinse

rinse

ENGLISH

rinse

Find the French word!

FRENCH

un grand sourire

big smile

ENGLISH

big smile

Find the French word!

FRENCH

propres et brillantes

clean and shiny

ENGLISH

clean and shiny

Find the French word!

Lave-Toi les Mains

"Wash Your Hands" • sing it, then read what it means

Language
Learning
with Songs

SING

WHAT IT MEANS

Wash your hands!

Lave-toi les mains !

Lave-toi les mains !

Wash your hands!

Turn on the water!

Ouvre l'eau !

Ouvre l'eau, tout doucement !

Turn on the water, gently!

Water!

L'eau !

L'eau !

Water!

Wet your hands, front and back.

Mouille tes mains, devant et derrière.

Mouille tes mains, paumes et dos !

Wet your hands, palms and backs!

Add some soap!

Ajoute le savon !

Ajoute le savon !

Add some soap!

Soap!

Le savon !

Le savon !

Soap!

Rub, rub, make bubbles rise!

Frotte, frotte, fais des bulles !

Frotte, frotte, les bulles !

Rub, rub, the bubbles!

Wash your hands!

Lave-toi les mains !

Lave-toi les mains !

Wash your hands!

Clean hands!

Des mains propres !

Des mains propres !

Clean hands!

Before eating, every time!

Avant de manger, à chaque fois !

Avant de manger, c'est bien !

Before eating, that's good!

Wash your hands!

Lave-toi les mains !

Lave-toi les mains !

Wash your hands!

Clean hands, feeling fine!

Des mains propres, tout va bien !

Palms together!

Paume contre paume !

Frotte les paumes !

Rub your palms!

Back of each hand!

Le dos de chaque main !

Frotte le dos des mains !

Rub the backs of your hands!

Lave-Toi les Mains

SING

WHAT IT MEANS

Between the fingers!

Entre les doigts !

Entre les doigts !

Between the fingers!

And both thumbs!

Et les deux pouces !

Et les pouces, tourne bien !

And your thumbs, turn them well!

Twenty seconds, count with me!

Vingt secondes, compte avec moi !

One, two, three, four, five!

Un, deux, trois, quatre, cinq !

Six, seven, eight, nine, ten!

Six, sept, huit, neuf, dix !

Eleven, twelve, thirteen, fourteen, fifteen!

Onze, douze, treize, quatorze, quinze !

Sixteen, seventeen, eighteen, nineteen, twenty!

Seize, dix-sept, dix-huit, dix-neuf, vingt !

Now rinse, rinse, rinse!

Rince, rince, rince !

Rince, rince, rince !

Now rinse, rinse, rinse!

Wash your hands!

Lave-toi les mains !

Lave-toi les mains !

Wash your hands!

Clean hands!

Des mains propres !

Des mains propres !

Clean hands!

Before eating, every time!

Avant de manger, à chaque fois !

Avant de manger, c'est bien !

Before eating, that's good!

Wash your hands!

Lave-toi les mains !

Lave-toi les mains !

Wash your hands!

Clean hands, feeling fine!

Des mains propres, tout va bien !

After playing outside?

Après avoir joué dehors ?

Après avoir joué dehors !

After playing outside!

Rinse the soap away.

Rince le savon.

Rince, rince, voilà !

Rince, rince, there you go!

Get your towel!

Prends la serviette !

Prends la serviette !

Get your towel!

Towel!

La serviette !

La serviette !

Towel!

Lave-Toi les Mains

SING

WHAT IT MEANS

Dry your hands, sèche tes mains !

Nice and clean, we're ready again!

Wash your hands!

Lave-toi les mains !

Clean hands!

Des mains propres !

Before eating, every time!

Avant de manger, c'est bien !

Wash your hands!

Lave-toi les mains !

Clean hands, feeling fine!

L'eau, le savon, les bulles aussi!

Rince et sèche — bravo, merci !

Bien propres, on est prêts à nouveau !

Lave-toi les mains !

Wash your hands!

Des mains propres !

Clean hands!

Avant de manger, à chaque fois !

Before eating, that's good!

Lave-toi les mains !

Wash your hands!

Des mains propres, tout va bien !

Water, soap and bubbles too!

Rinse and dry — well done, thank you!

KEY WORDS

lave-toi les mains = wash your hands

le savon = soap

frotte = scrub

rince = rinse

l'eau = water

les bulles = bubbles

les doigts = fingers

la serviette = towel

Lave-Toi les Mains

Cut along the dashed lines • match each word to its meaning

Language
Learning
with Songs

FRENCH

lave-toi les mains

wash your hands

ENGLISH

wash your hands

Find the French word!

FRENCH

l'eau

water

ENGLISH

water

Find the French word!

FRENCH

le savon

soap

ENGLISH

soap

Find the French word!

FRENCH

les bulles

bubbles

ENGLISH

bubbles

Find the French word!

Lave-Toi les Mains

Cut along the dashed lines • match each word to its meaning

Language
Learning
with Songs

FRENCH

frotte

scrub

ENGLISH

scrub

Find the French word!

FRENCH

les doigts

fingers

ENGLISH

fingers

Find the French word!

FRENCH

rince

rinse

ENGLISH

rinse

Find the French word!

FRENCH

la serviette

towel

ENGLISH

towel

Find the French word!

Lave-Toi les Mains

Cut along the dashed lines • match each word to its meaning

Language
Learning
with Songs

FRENCH

sèche

dry

ENGLISH

dry

Find the French word!

FRENCH

des mains propres

clean hands

ENGLISH

clean hands

Find the French word!

FRENCH

avant de manger

before eating

ENGLISH

before eating

Find the French word!

Manger Sain

"Eat Well, Drink Water" • sing it, then read what it means

Language
Learning
with Songs

SING

WHAT IT MEANS

Healthy!

Bon pour la santé !

Bon pour la santé!

Healthy!

Fruit!

Les fruits!

Fruit!

Vegetables!

Les légumes!

Les légumes!

Vegetables!

Carrot!

La carotte!

La carotte!

Carrot!

Crunch, crunch, orange and sweet!

Croque, croque, orange et sucrée !

Croque, croque, c'est bon à manger!

Crunch, crunch, it's good to eat!

Apple!

La pomme!

La pomme!

Apple!

One red apple, one green too!

Une pomme rouge, une verte aussi!

Une pomme rouge, une verte aussi!

One red apple, one green too!

I eat well!

Je mange bien!

Je mange bien!

I eat well!

Drink water!

Bois de l'eau!

Bois de l'eau!

Drink water!

Big glass, take a little sip!

Un grand verre, prends une gorgée!

Un grand verre, prends une gorgée!

Big glass, take a little sip!

Yummy!

Miam !

Miam, c'est bon!

Yum, it's good!

One more bite!

Encore une bouchée!

Encore une bouchée!

One more bite!

Bon pour la santé, je mange bien!

Healthy, I eat well!

Les fruits, les légumes, c'est malin!

Fruit and vegetables, that's smart!

Broccoli!

Le brocoli!

Manger Sain

SING

WHAT IT MEANS

Le brocoli!

Broccoli!

Little trees on my plate!

Des petits arbres dans mon assiette !

Des petits arbres, c'est chouette!

Little trees, how fun!

Carrot!

La carotte!

La carotte!

Carrot!

Apple!

La pomme!

La pomme!

Apple!

Take a bite, then have some water!

Une bouchée, puis bois de l'eau!

Une bouchée, puis bois de l'eau!

Take a bite, then have some water!

Strong!

Fort!

Fort!

Strong!

I eat well!

Je mange bien!

Je mange bien!

I eat well!

Fruits et légumes, ça fait du bien!

Fruit and vegetables are good for you!

Drink water!

Bois de l'eau!

Bois de l'eau!

Drink water!

Big glass, take a little sip!

Un grand verre, prends une gorgée!

Un grand verre, prends une gorgée!

Big glass, take a little sip!

Yummy!

Miam !

Miam, c'est bon!

Yum, it's good!

One more bite!

Encore une bouchée!

Encore une bouchée!

One more bite!

Bon pour la santé, je mange bien!

Healthy, I eat well!

Les fruits, les légumes, c'est malin!

Fruit and vegetables, that's smart!

Is a sweet treat okay sometimes?

Une petite douceur, c'est bien parfois ?

Oui, parfois, c'est très bien!

Yes, sometimes, that's fine!

And what helps me every day?

Et qu'est-ce qui m'aide chaque jour ?

Bois de l'eau, et mange bien!

Drink water, and eat well!

Manger Sain

SING

WHAT IT MEANS

Croque la pomme, goûte au brocoli!

Bite the apple, taste the broccoli!

Miam, c'est bon—on dit merci!

Yum, it's good — we say thank you!

Drink water!

Bois de l'eau!

Bois de l'eau!

Drink water!

Big glass, take a little sip!

Un grand verre, prends une gorgée!

Un grand verre, prends une gorgée!

Big glass, take a little sip!

Yummy!

Miam !

Miam, c'est bon!

Yum, it's good!

One more bite!

Encore une bouchée!

Encore une bouchée!

One more bite!

Bon pour la santé, je mange bien!

Healthy, I eat well!

Les fruits, les légumes, c'est malin!

Fruit and vegetables, that's smart!

Fort, fort, fort—je me sens fort!

Strong, strong, strong — I feel strong!

Je mange bien, encore et encore!

I eat well, again and again!

KEY WORDS

bon pour la santé = healthy

les fruits = fruit

les légumes = vegetables

la carotte = carrot

le brocoli = broccoli

la pomme = apple

bois de l'eau = drink water

encore une bouchée = one more bite

Manger Sain

Cut along the dashed lines • match each word to its meaning

Language
Learning
with Songs

FRENCH

bon pour la santé

healthy

ENGLISH

healthy

Find the French word!

FRENCH

les fruits

fruit

ENGLISH

fruit

Find the French word!

FRENCH

les légumes

vegetables

ENGLISH

vegetables

Find the French word!

FRENCH

la carotte

carrot

ENGLISH

carrot

Find the French word!

Manger Sain

Cut along the dashed lines • match each word to its meaning

Language
Learning
with Songs

FRENCH

le brocoli

broccoli

ENGLISH

broccoli

Find the French word!

FRENCH

la pomme

apple

ENGLISH

apple

Find the French word!

FRENCH

bois de l'eau

drink water

ENGLISH

drink water

Find the French word!

FRENCH

encore une bouchée

one more bite

ENGLISH

one more bite

Find the French word!

Manger Sain

Cut along the dashed lines • match each word to its meaning

Language
Learning
with Songs

FRENCH

miam c'est bon

yummy

ENGLISH

yummy

Find the French word!

FRENCH

fort

strong

ENGLISH

strong

Find the French word!

FRENCH

je mange bien

I eat well

ENGLISH

I eat well

Find the French word!

Chez le Docteur

"At the Doctor" • sing it, then read what it means

SING

WHAT IT MEANS

Hello, doctor! Bonjour, docteur!

Come on in. Entre, s'il te plaît.

How are you? Comment ça va?

I feel okay. Ça va, merci!

Doctor, le docteur!

Say it again: le docteur!

Listen to my heart, please.

Écoute mon cœur, s'il te plaît.

Écoute mon cœur, s'il te plaît.

Listen to my heart, please.

Boom, boom, boom! Boum, boum, boum!

My heart is strong. Mon cœur va bien!

Heart! Le cœur!

Ears! Les oreilles!

Open wide! Ouvre grand!

I'm brave! Je suis courageux!

Doctor, le docteur, we're feeling all right!

Le docteur nous aide, tout va bien!

The doctor helps us, everything's fine!

Heart! Le cœur! Say it again!

Le cœur! The heart! Let's sing it again!

Open your mouth. Ouvre la bouche.

Say "ah, ah, ah!" Dis « ah, ah, ah ! »

Look in my ears. Regarde mes oreilles.

I'm listening well. J'écoute très bien.

A little plaster. Un petit pansement.

You're very brave. Tu es très courageux!

Medicine, le médicament,

Just as the doctor says. Comme le docteur le dit.

I feel better. Je me sens mieux.

Chez le Docteur

SING

WHAT IT MEANS

Merci, docteur! Thank you, too!

Heart! Le cœur!

Ears! Les oreilles!

Open wide! Ouvre grand!

I'm brave! Je suis courageux!

Doctor, le docteur, we're feeling all right!

Le docteur nous aide, tout va bien!

The doctor helps us, everything's fine!

Heart! Le cœur! Say it again!

Le cœur! The heart! Let's sing it again!

Eat fruit! Mange des fruits!

Vegetables, les légumes!

Drink water! Bois de l'eau!

Wash your hands. Lave-toi les mains!

Play outside. Joue dehors!

Sleep well. Dors bien!

Healthy, en bonne santé!

Every day, the healthy way!

Chaque jour, en pleine santé !

Heart! Le cœur!

Ears! Les oreilles!

Open wide! Ouvre grand!

I'm brave! Je suis courageux!

Doctor, le docteur, we're feeling all right!

Le docteur nous aide, tout va bien!

The doctor helps us, everything's fine!

Heart! Le cœur! Say it again!

Le cœur! The heart! Let's sing it again!

Eat fruit! Mange des fruits!

Drink water! Bois de l'eau!

Sleep well! Dors bien!

Chez le Docteur

SING**WHAT IT MEANS**

I feel better. Je me sens mieux!

Au revoir, docteur! Goodbye, doctor!

KEY WORDS

le docteur = doctor

ouvre grand la bouche = open wide

je suis courageux = I'm brave

le médicament = medicine

le cœur = heart

les oreilles = ears

le pansement = plaster

je me sens mieux = I feel better

Chez le Docteur

Cut along the dashed lines • match each word to its meaning

Language
Learning
with Songs

FRENCH

le docteur

doctor

ENGLISH

doctor

Find the French word!

FRENCH

le cœur

heart

ENGLISH

heart

Find the French word!

FRENCH

ouvre grand la bouche

open wide

ENGLISH

open wide

Find the French word!

FRENCH

les oreilles

ears

ENGLISH

ears

Find the French word!

Chez le Docteur

Cut along the dashed lines • match each word to its meaning

Language
Learning
with Songs

FRENCH

je suis courageux

I'm brave

ENGLISH

I'm brave

Find the French word!

FRENCH

le pansement

plaster

ENGLISH

plaster

Find the French word!

FRENCH

le médicament

medicine

ENGLISH

medicine

Find the French word!

FRENCH

je me sens mieux

I feel better

ENGLISH

I feel better

Find the French word!

Chez le Docteur

Cut along the dashed lines • match each word to its meaning

Language
Learning
with Songs

FRENCH

dors bien

sleep well

ENGLISH

sleep well

Find the French word!

FRENCH

en bonne santé

healthy

ENGLISH

healthy

Find the French word!