

Is e làmhhan  
glana làmhhan  
toilichte.



Bitheagan.  
Glan do làmhhan dhiubh.

[www.washyourhandsofthem.com](http://www.washyourhandsofthem.com)



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Nigh, nigh, nigh do làmhan,  
nigh na bitheagan air falbh,  
mura nigh bidh thusa tinn agus  
mhilleadh sin do latha.



Bitheagan.  
Glan do làmhan dhiubh.

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Seo mar a bhios sinn a' nighe  
ar làmhhan gus na bitheagan  
a stad, na bitheagan a stad,  
seo mar a bhios sinn a' nighe  
ar làmhhan fad an latha.



Bitheagan.  
Glan do làmhhan dhiubh.

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Na leig leis na  
bitheagan grànda  
do bhìdeadh,  
nigh do làmhan  
mus gabh thu  
do bhìadh.



Bitheagan.  
Glan do làmhan dhiubh.

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