

**Digital
Activities
Included**

**Wash
your
hands**

Make sure to
scrub for 20
seconds!

Lather

Scrub

WASHING my HANDS

This is me washing my hands:

**5 Steps
Handwashing**

Wet

**Handwashing
Activities**

Google & Seesaw Options!

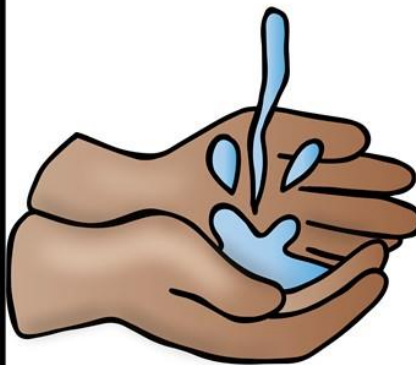
5 Steps of Hand Washing



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WET

Get your hands wet with clean warm running water. Turn off the water, then apply soap into your hands.



LATHER

Next, lather your hands with the soap. You lather by rubbing your hands, with soap, between your fingers, under your nails, and the back of your hands.



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Handwashing

with digital

A n C h o r

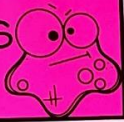


WASHING YOUR HANDS

Why wash your hands?



Washing your hands removes germs and helps keep germs from spreading.



It can protect you and your family from getting sick.



What are the steps for washing your hands?



1. Wet



2. Lather



3. Scrub



4. Rinse



5. Dry



When should you wash your hands?



Before eating food



After blowing your nose, coughing, or sneezing



Before, during, or after preparing food



Before and after treating a cut or wound



After using the potty



After touching garbage

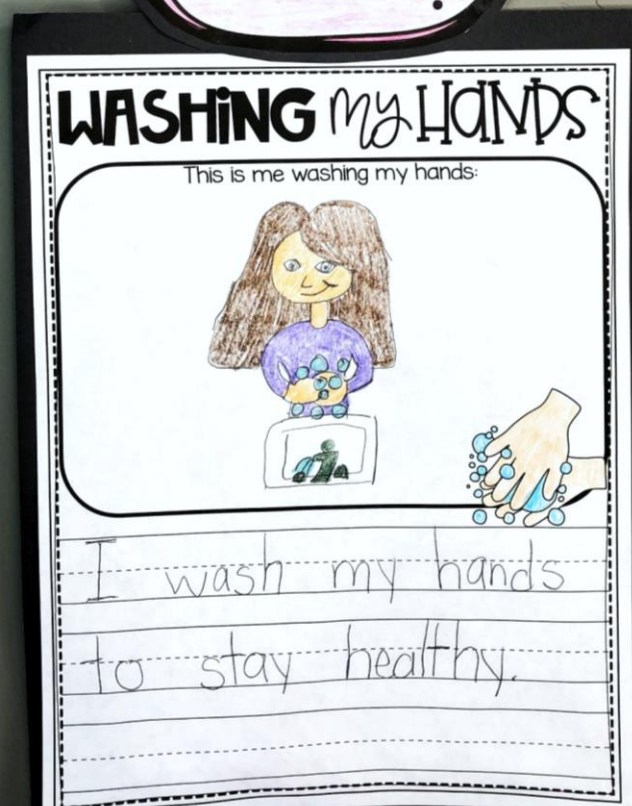


After touching or caring for an animal



Chart

Family EDUCATION



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Handwashing Craft

Teaching S

•This unit follows CDC's guidelines for
Posters: The Wash Your Hands Pos
optional center display option for t
chart. Both posters can be used in
classroom sink as reminders to yo
Interactive Anchor Chart: This is n
together with your st for c
experience. St utt
togeth

Wash your hands

Make sur
scrub fo
second



5 Steps of Handwashing

1. Wet



2. Lather



3. Scrub
for 20
seconds!



4. Rinse



WET

Get your hands
wet with clean
warm running water.
Turn off the water,
then apply soap into
your hands.



LATHER

Next, lather your
hands with the soap.
You lather by
rubbing your hands,
with soap, between
your fingers, under
your nails, and the
back of your hands.



SCRUB

You need to scrub
your hands for a
whole 20 seconds!
You can also hum
the song "Happy
Birthday" twi
know how long
you scrub.



RINSE

Use clean warm
running water to
rinse off the soap
from your hands.



DRY

Finally, dry your
hands with a clean
towel or air dry
them if other
options are




5 Steps of Handwashing



Handwashing Activities

SEQUENCING WITH HAND WASHING

Move and place the events into the correct order.

	Wet	Wet your hands with clean running water.		
2				
	Scrub	Scrub your hands for 20 seconds.		
4				
5				
	Lather	Lather your hands with soap all over your hands.		



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Handwashing with digital