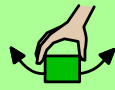
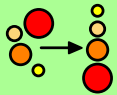
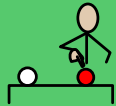




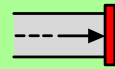
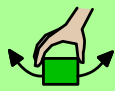
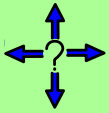
How to use this resource...



1

2

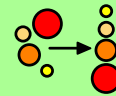
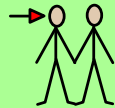
The sequence below can be used in one of two



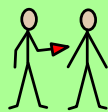
ways: you can use it as a checklist when completing a



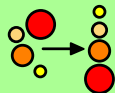
personal hygiene activity or you could print them and



cut them up to put them in the correct order.



If you don't have a printer, you could draw or



write your own sequence.



Washing hands



Turn on

the



water



Rinse

your

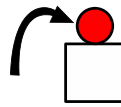


hands



Put

soap



onto

your



hands



scrub

your



hands



Rinse

the



soap



off

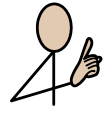
of your



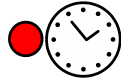
hands



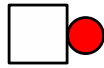
Dry your hands



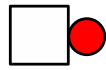
When should you wash your hands?



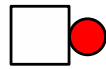
Before Eating



After using the toilet



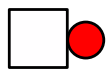
After sneezing



After messy play



When your hands are dirty



After touching animals

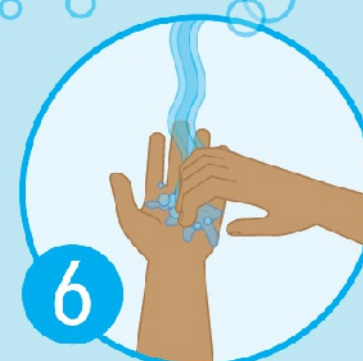
HOW TO WASH YOUR HANDS



Scrub hands for at least 20 seconds, which is the equivalent of singing the "Happy Birthday" song twice.

Here are a few other songs with 20-second choruses to pass the time:

- Landslide (Fleetwood Mac)
- Jolene (Dolly Parton)
- Come On Eileen (Dexys Midnight Runners)



Try putting



something



messy

on your



hands.

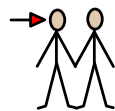
If you



wash your hands



well,



they



will

be



clean

all over.