



Some

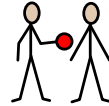


ideas

for



caring for



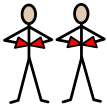
your



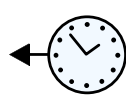
hands!



When



we



were



at

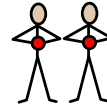


school

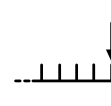
1

one

of



our



last



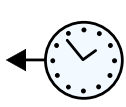
Life



Skill



lessons



was



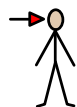
with



Nurse



Jo



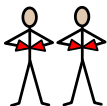
who



came to



remind



us



of the

importance

of

washing our hands.

1

One

of the



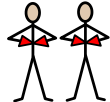
most



important



ways



we

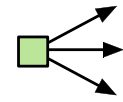


can



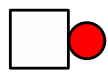
stop

the



spread

of



Covid-19 is

by

washing our hands.

But



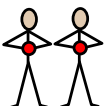
some



soaps



make



our



hands



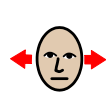
feel



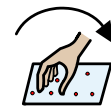
dry.



Why



not

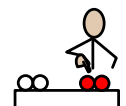


try

1

one

of



these

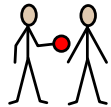


tips

to



care for



your



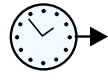
hands.



A sugar scrub



You



will



need:



1/2 cup

of



sugar



1 tbsp



Olive Oil



Optional:

2



drops



essential oil



Method:

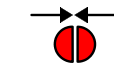


Wash your hands,



mix

the ingredients



together



in the



cup.



Scoop



out

a



small



amount



and



scrub



your



hands



together.



Rinse



off



and



dry



carefully.



# Hand massage



You can



do



this



to yourself



or for



someone



at



home



with



their



permission.



You



will



need:



some



moisturiser



Method:



Wash your hands,



take off



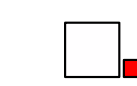
all



jewellery.



Rub



a little



moisturiser



into



your



hands



first.



Shake



your



hands



for a



count



of 5.



Wiggle



your



fingers



for a



count



of 5.



Stretch



your



hands



by



flexing



them



as wide



as you can,



and



then make



a



fist



5 times.



Gently



pinch



the



tips



of



each



finger



and



thumb



on



both



hands.



Rub



a little



more



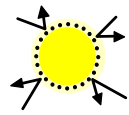
moisturiser



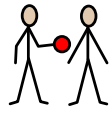
in



to finish.



Protect



your

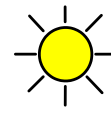


hands



in

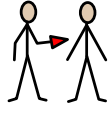
the



sun



When



you



apply sun cream

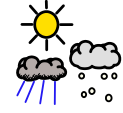


in

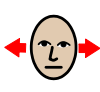
the



hot



weather,



don't



forget

to



put



some

suncream

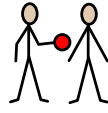


on

the



back of



your



hands.

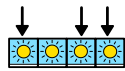


Did you



know

it is

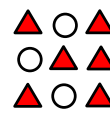


often

1

one

of the



most common



places

to



forget

to



put

suncream



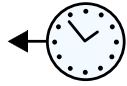
!



Paint your nails



Marta



has

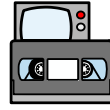


recorded



a

super



video



of

how

to



paint your nails



with



some



excellent



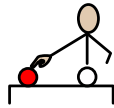
tips.



Did you



know



that



using

a



few



drops

of



lemon juice



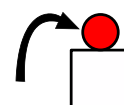
(or rubbing



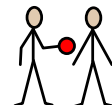
a cut



lemon



onto



your



nails



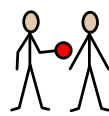
can



help



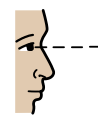
make



your



nails



look



brighter?