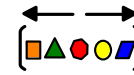




Hand washing activities



It is still really important to keep up washing your hands.



Here are a range of activities. Why not try one or more?



1



Hand



Washing



survey



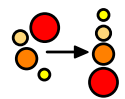
Apple



experiment



Hand washing



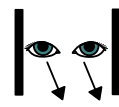
sequencing



Glitter



experiment



Watch



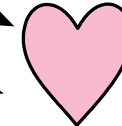
Marta



tell a story



about hand washing

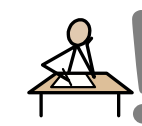


I love



seeing

all your

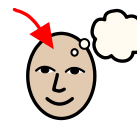


hard work

on



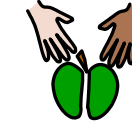
Evidence



for Learning



-



keep sharing

your



great



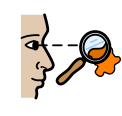
work!



Hand



Washing



survey

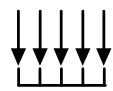


Write down



or draw

a picture of



all

the



times

that you should



wash your hands



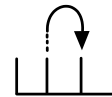
during

the day.



See

the



next



page

for

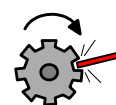


some

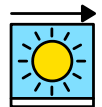


ideas

if you are



stuck.



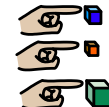
Tomorrow,

use your



list

and

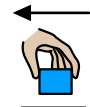


each



time

you wash your hands,



put

a



tally



mark

next to

the



description

of



when

you

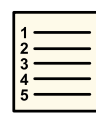


washed your hands.



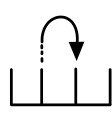
You can

even use the



list

on the



next



page

if you



would



like.



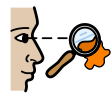








How







did you

do?

 Hand
  Washing
  survey
  ideas




 or
 


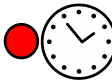


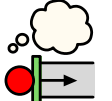

 After handling pet food or pet treats

 After blowing your nose, coughing, or sneezing




 After using the toilet

 Before, during, and after preparing food










 After touching rubbish















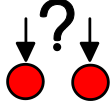
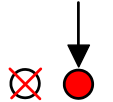
 Before eating food


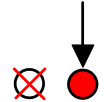
 Before and after treating a cut or wound

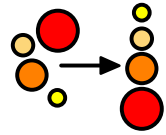
 After touching an animal, animal feed, or animal waste

 After returning home from being somewhere else.

 Did you think of any others?

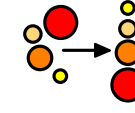


Hand washing sequencing



Put

the steps to wash your hands in the right order.



Five empty rectangular boxes for sequencing the handwashing steps.



Wash away the soap bubbles.



Put soap on your hands.



Rinse your hands with water.



Dry your hands.



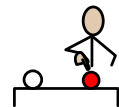
Rub your hands together.



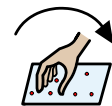
Glitter experiment



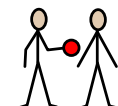
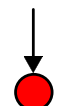
Many of you will remember



doing this activity with



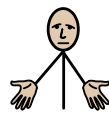
nurse Jo- why not try it



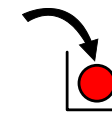
at home or in your



bubble?



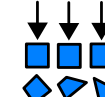
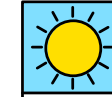
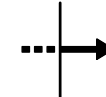
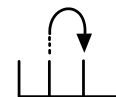
You will need: glitter, hand sanitizer or oil



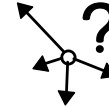
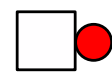
Rub a drop or oil or sanitizer into your hands



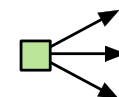
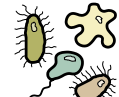
Add a sprinkle of glitter and rub it in



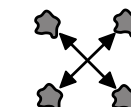
For the next 5 minutes, carry on your day as normal.



After 5 minutes, where did the glitter end up?



This is how quickly germs can spread if we don't wash our hands.



Carefully wipe away any traces of glitter from anything you touched.



Apple



experiment



If you want to see

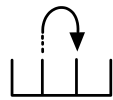
10 7



the results of this






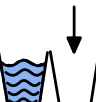

experiment, see the



next



page.

You will need: 1  apple,  chopping board,  knife and 2  empty  jam jars

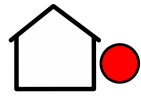


Now



spend a

short time



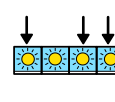
outside,



in the

garden

or going about your



usual

day but

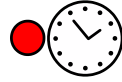


don't wash

your



hands,



Just

before

you

wash your hands,



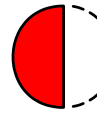
cut

your



apple

carefully in



half.

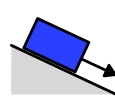


Without

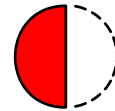


touching

it,



slide



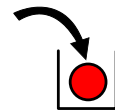
half

the



apple

carefully



into

the



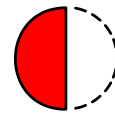
jam jar



Now

rub

the other



half

of the



apple

on your



hands

and



put

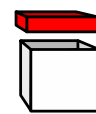


into

the



jam jar.

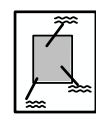


Seal the

lids

and

wash your hands.



Label



each

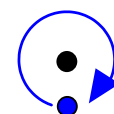


jar.



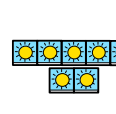
Wait

for

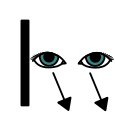


around

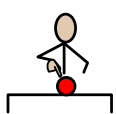
a



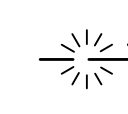
week.



Notice



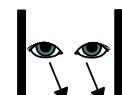
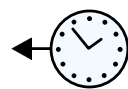
what



happens.



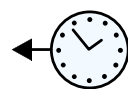
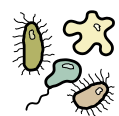
Here is what you might see. The control apple is



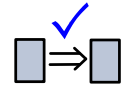
the one that was not touched. Look at what is



growing on the dirty apple. There are more



germs that have been able to grow because we





did not wash our hands. This is why it is so



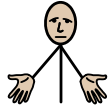




important to wash our hands.








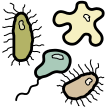




Pepper experiment

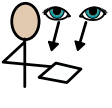

You will need: Some pepper, liquid soap and a small bowl of water


Sprinkle the pepper onto the bowl of water pretending it is germs.

This is a great way to





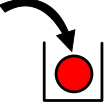
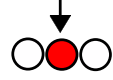




show why using soap



is important.

Squirt a few drops of the soap right into the middle of the bowl.

Watch what happens. What did the soap do to the germs?

