

## WASHING HANDS

Washing hands is a super important thing for us to do if we don't want to get sick.

We can carry lots of invisible germs on our hands. But it is not as simple as getting our hands wet when a grown-up tells us to wash. There are some important things to remember, and a time and a place to do it. Even a Raccoon has to wash his hands sometimes.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Demonstrate you know how to wash your hands to your parents, and then do this for the next two weeks at the appropriate time (Before meals, after bathroom, etc.)

LEVEL A

PERIOD 7

TASK 1

So when should we wash our hands?

- When we have just used the bathroom
- When we are about to eat.
- When we are preparing food.
- When we touch something that may be dirty, petted an animal, for instance.

So, how do we wash our hands?

1. Wet your hands with running water.

2. Apply soap and lather well...lots of bubbles if you can.

3. Rub your hands together, get in between all fingers, wrists, and under finger nails for twenty seconds. Sing the "Happy Birthday" song to know how long twenty seconds is.

4. Rinse well, get all that soap off.

5. Dry with a clean...and I mean a CLEAN towel, otherwise you are making your hands dirty again.

