Wash your hands!

Wash your hands for at least 20 seconds. That’s as long as it takes to sing the ABC song.

1. Warm water and soap
2. Between the fingers
3. Palm to palm
4. Back of the hands
5. Focus on thumbs
6. Clean the fingernails
7. Focus on wrists
Wash your hands

Our Body Worksheet

Questions:

What is the most important thing you can do to avoid germs and viruses?

_________________________________________________________________________________________

What do you wash your hands with?

___________  ______________ and ______________.

How long should you wash your hands for?
At least _____ seconds.

Name six parts of your hand that you need to wash:

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

Find a partner! One of you sing the ABC song, whilst your partner pretends to wash their hands. Did you partner wash all six parts of the hand before the end of the song? Now switch tasks and try again.
Wash your hands

Our Body Worksheet

**Answers:**

What is the most important thing you can do to avoid germs and viruses?

The most important thing I can do is to wash my hands properly with water and soap.

What do you wash your hands with?

Warm water and soap.

How long should you wash your hands for?

At least 20 seconds.

Name six parts of your hand that you need to wash:

Between fingers

Palms

Back of hand

Thumbs

Fingernails

Wrists

Find a partner! One of you sing the ABC song, whilst your partner pretends to wash their hands. Did you partner wash all six parts of the hand before the end of the song? Now switch tasks and try again.