



Washing my hands

Follow the numbers. Scrub while you count to 20, or hum "Happy Birthday" twice.

1



water on

2



wet hands

3



soap

4



scrub

5



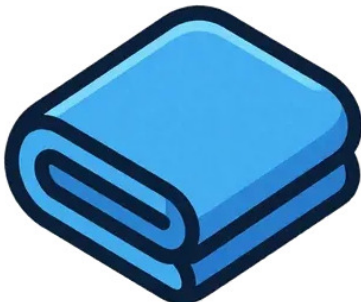
rinse

6



water off

7



dry hands

8



clean hands



When do I wash my hands?

Point to the picture before you go to the sink. Wash with soap and water.



before I eat



after the toilet



after I sneeze



after outside



after pets



after messy play

Sink strips: cut one out and tape it above the sink



1 water on



2 wet hands



3 soap



4 scrub



5 rinse



6 water off



7 dry hands



8 clean hands



1 water on



2 wet hands



3 soap



4 scrub



5 rinse



6 water off



7 dry hands



8 clean hands