



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



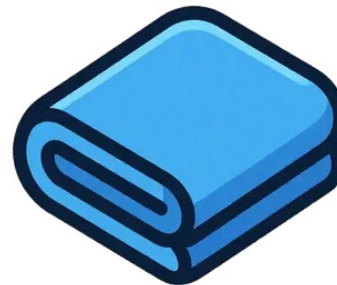
rinse

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



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water on



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wet hands



3
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