



Warm water and soap



Between the fingers



Focus on wrists



Clean the fingernails

Wash your hands!

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



Palm to palm



Focus on thumbs



Back of the hands

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.