

HAND WASHING ACTIVITIES

Chart

Create a hand-washing chart as a visual activity for preschoolers. Preschool children will be able to see progress when they color their charts after every hand washing. Crayons will be provided near each individual chart, and children will be positively encouraged each time they use the chart correctly. Prizes may be distributed, but often, the chart is enough to make the child feel accomplishment.

Song

Sing the following lyrics to the tune of "Row, Row, Row Your Boat":

"Wash, wash, wash your hands,
play our handy game,
rub and scrub,
rub and scrub,
germs go down the drain!"

Sing the song twice while lathering and rinsing to ensure the hands are cleaned thoroughly. The activity helps make hand washing fun and methodical.

Making Soap

Use glycerin, soap dye and candy molds to make soaps with preschool age children. The adult will need to cut and microwave the glycerin, but the children may add colors and pour the glycerin into the molds. Allow children to choose the mold to create a personalized soap. Allow the soap to dry, and the children will have a molded piece of soap to use while washing their hands.

Sink the Germs

Using the chart below, play "Sink the Germs" with the children. This activity will help children visualize the concept of germs, which they cannot normally see. Use a large bucket and decorate it with pictures of soap and water. Discuss the different times shown on the chart that hands should be washed. Each child may choose a bean bag that corresponds to each hand washing opportunity. Each child will attempt to sink the pesky germs into the soap and water bucket from a pre-determined distance.

Wash Your Hands After...

1



**Playing with
pets**

2



**Using the
bathroom**

3



**Sneezing, blowing
your nose &
coughing**

4



**Touching a cut or
open sore**

5



Playing outside

6

AND Before...



Eating