

# 4 WAYS TO TEACH CHILDREN ABOUT HAND WASHING!



## 1) Sing Handwashing Songs

Teaching children to sing a "hand washing song" is a good way to help them measure if they have been scrubbing long enough. Make up your own songs to tunes children already know! Or search Youtube to find many examples of hand washing songs for children.

## 2) Do the Glitter Washing Hand Activity

Put a small amount of glitter on each child's hand. Have them wash their hands like normal and then inspect to see if all the glitter is gone. If they washed their hands thoroughly, it will be gone. If not, show them how to wash their hands and have them try again. Make sure they scrub with soap for 20 seconds! 20 seconds is usually over by the time kids are done with the ABCs or have sung "Happy Birthday" twice!

## 3) Model Good Behavior

What you do...your students will do. Make sure you are washing your hands at the appropriate times and for the correct time period. You can even sing to yourself out loud while you do it!

## 4) Read, Read, Read!

There are many books written for children that teach about proper hygiene habits. Two that I like are, "No More Germs Please!" and "Germs Are Not for Sharing".