

# Exploring Hygiene: Washing Your Hands

## Hand-washing Facts

### Did you know.....

Washing your hands is the best way to not get sick!  
Hand-washing protects you and the people around you from germs.

While washing your hands it's important to scrub in between your fingers, backs of your hands, under your nails and your wrists.

It is extra important to wash your hands after using the bathroom, before eating, after playing outside, and after coming home from anywhere.

<https://kidshealth.org/en/teens/handwashing.html>

## Sing

### Germs, Germs Go Away!

(Sing to the tune of Rain, Rain Go Away)

Germs, Germs Go Away

Wash your hands throughout the day

Before you eat and after you play

Germs, Germs Go Away

Germs, Germs Go Away

If you don't scrub the germs will stay

Sing the ABC's while you wash away

Germs, Germs Go Away

## Activity

### Germs, Germs Go Away!

**Materials:** Bowl of water, black pepper, dish soap

**What you will do:** Have your child sprinkle a little bit of pepper into the bowl of water. Explain that the pepper floating in the water is like germs on our skin. Cover one of your child's fingers in dish soap. Have them look at the bowl of water and pepper while they put their finger in the center of it. You will see very quickly that the pepper will scatter to the edges of the bowl.

**Discuss:** Explain to your child that washing your hands is very important because you want to get rid of germs. Germs are like little bugs that you can't see. If you don't wash your hands after you come in from outside, before you eat, and after you use the bathroom, the germs will stay on your skin. Too many germs can make you sick. Thankfully germs fear soap. So, we must wash our hands often and thoroughly each time. Washing your hands long enough to sing the ABC's is the perfect amount of time to scare the germs away!