

Hand Washing

Purpose:

To help the child learn to wash and dry hands.

Directions:

For this activity you will need warm water, liquid hand soap, and a hand towel. Start by turning the water on; starting with the cold water tap and then the hot tap to make the water warm. Instruct the child to place their hands into the water. Once wet, have the child pump one to two dollops of liquid soap onto their palm and instruct them to rub their hands together creating a good lather, front, back and each finger individually. Encourage the child to sing the alphabet while rubbing their hands together to ensure they are washing them properly. Once complete, they should rinse their hands in the warm water. Allow excess water to drip off into the sink before instructing them to use a hand towel to pat each hand and finger dry. They would then turn off the water starting with hot and then proceed to the cold.

Extensions:

An extension of this activity could be putting on hand lotion after washing hands.

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