



**HAND WASHING**



**DIRTY HANDS**



**FOOD**



**BATHROOM**



**COUGH OR SNEEZE**



**TOUCHING PETS**

# Hand Washing Steps



Palm to palm



Between fingers



Back of hands



Base of thumbs



Back of fingers



Fingernails



Wrists



Rinse and wipe dry

# Wash Your Hands

**Wet  
hands**



**Apply  
soap**



**Wash  
for 20  
seconds**



**Rinse  
well**



**Dry  
hands**



**Turn  
off tap  
with  
towel**



# SUPER STAR HAND WASHER

Activities	Breakfast/ Lunch/Dinner	Using Bathroom	Cough/ Sneeze	Touching Pets	Dirty Hands
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



## SOAP AND WATER EXPERIMENT

### What You Need

plate (or saucer) with a raised edge  
water  
ground black pepper  
dishwashing liquid (we used Ms. Meyer's)

### What to Do

Pour water onto the plate. You should use enough water to cover the whole bottom of the plate.

Sprinkle several pinches of ground black pepper onto the water. Explain that these specks of peppers represent germs.

Now squirt a dot of dishwashing liquid onto one of your index fingers. Rub it all around, completely covering the tip of the finger.

Lastly, put your soap-covered finger into the middle of the peppered water. Be amazed. The soap seems to repel the pepper (aka the "germs").

### Why it Works

This activity was discovered on [Fantastic Fun and Learning](#). As explained by Shaunna, "When soap is added to the water it lowers the surface tension of the water causing the water molecules on the surface to scatter or pull away from the point where you added the soap."

### What to Read

You can't go wrong with a Magic School Bus Book. We have rediscovered our love for all things Frizzle this summer. This book complemented the activity beautifully!