



Here are some activities we picked just for you to learn to keep your family healthy!

Handwashing Song

(Sing to the tune of Row, Row, Row your boat)

Wash, wash, wash your hands

Wash them nice and clean

Scrub them here (hand motion rubbing hands together)

Scrub them there (hand motion rubbing the tops of hands)

And scrub them in between (hand motion rubbing between fingers)

Lots of Science!

- Trace your child's handprint on the front of a plastic sandwich baggie. Put some hair gel and either glitter or small pompom balls in the bag. Show your child the front of the bag with their handprint and how the "germs" (the pompom balls or glitter) are all over their hand. Then, give them a small paintbrush or toothbrush and tell them to "wipe those germs away". Tell them that soap and water is what we use to wipe the germs off of our hands.
- Paint your child's hands with washable paint and then take a walk outside. Show them that anything they touch gets the paint on it and that's how germs spread! We need to keep our hands to ourselves!
- Fill a spray bottle with colored water. Hold up a piece of paper and tell your child to spray the water. Explain that the water being sprayed is what happens when you sneeze and don't cover your nose. Back up and tell your child to spray again. Keep doing this to show how far a sneeze can spray and spread germs!
- Sprinkle some black pepper into a bowl of water. Have your child use their finger to spread out the pepper. Explain that the pepper is like germs that spread all over! Then, put a few drops of dish soap on your child's finger and place the finger right in the middle of the pepper. The flakes of pepper will immediately scatter! Soap makes germs go away!