

# The Way We Wash!

**Materials:** Activity sheet, poster board or large sheet of paper, crayons, markers, pencils.

**Directions:** Read the worksheet, complete the activity, and discuss with the group.

## DISCUSSION QUESTIONS

Why is washing our hands important for our health?

Why do you think people forget to wash their hands?

The CDC has shared that cleaning your hands is one of the most important things you can do to keep from getting sick and spreading illness. Nearly 22 million school days are lost due to the common cold. Can you believe that? Germs can live on surfaces like cafeteria tables and doorknobs for up to two hours!

Germs are very tiny organisms that we cannot see with our eyes! But just because we can't see them – doesn't mean that they aren't there.

A big way we can prevent germs from getting onto surfaces where other people touch is by knowing how to wash our hands the right way. Did you know that there are six steps to washing your hands the right way?

They are:

1. Turn on the water
2. Get your hands wet
3. Get soap and scrub
4. Rinse the soap off your hands
5. Turn the water off
6. Dry your hands



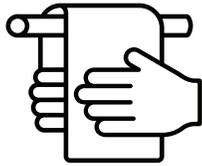
## ACTIVITY INSTRUCTIONS

1. Team Leaders – Tell the group that you will be making a “Way We Wash” poster for their location today.
2. Make sure that each group member has the activity worksheet, poster board or large sheet of paper, and drawing supplies.
3. First, have the group put the hand washing techniques in the right order and discuss. (#1)
4. Once the hand washing techniques are in the correct order, glue the words in the correct order on the poster providing enough room to draw pictures above or below the words.
5. Next, draw pictures above or below the words to describe the hand washing techniques.
6. Once completed, have the group members put their posters in the location's bathroom(s).
7. Let's Share! How can having a poster help remind us of the right way to wash our hands? **Team Leaders – be sure to thank those for sharing!**



# The Way We Wash Activity

It's important to wash your hands for 10 seconds.  
Here is the order on how you should wash! (#1)



Dry Your Hands



Get Soap and Scrub!



Turn The Water On!



Get your Hands Wet!



Turn The Water Off!



Rinse The Soap Off Your Hands

