

# Ideas To Make Hand Washing More Fun in Family Child Care!!!!

- Wash toys with wash clothes and soap. Put water safe toys in a shallow plastic bin or water table. Give the children liquid soap, bars of soap or soap flakes and have them scrub off toys. This works well in the spring to clean up outside toys.
- After returning inside after playing on play ground, have children look at their hands. Ask them questions about their hands (How do they smell, Can you see dirt, Is there dirt under nails, etc.) Then wash hands and ask them the same questions. Note the differences.
- Give children several items, some dirty and some clean, have them separate and then clean the dirty ones.
- During story time put a small amount of glitter in your hand. Do group time and see how the glitter spreads.
- Discuss with children the importance of hand washing! Why do we wash our hands? When you should wash hands? How do we sneeze or cough?
- Have children draw, paint or do a collage of what they think a germ looks like. Paint children's hand and have them do a collage of hand prints.
- Sequencing— Fold a paper in four segments, trace the children's hands in the four spaces. Have them start with a clean hand in space one. Tell them a story about going outside and playing (have them color germ on first hand). They come in and use restroom, change color of crayons and color hand some more and then it's time for lunch. Do you want to eat with the dirty hand or the clean hand. Clean hand in fourth corner.
- Have children rub a small amount of oil on hands, then sprinkle with cinnamon (germs), put under water the germs do not come off, use soap and they come off. Be careful with cinnamon and little eyes.

Songs to sing during hand washing, have children sing these songs while washing their hands:

- Sing ABC's or Happy Birthday (twice) while washing hands.
- Wash, Wash, Wash Your Hands (To Row, Row, Row Your Boat, Sing twice)

Wash, wash, wash your hands. Wash them nice and clean.  
Wash them on top, Wash them on bottom and fingers in between!

- This is The Way We Wash Our Hands (sing twice while washing hands)

This is the way we wash our hands, wash our hands, wash our hands.  
This is the way we wash our hands to keep our bodies healthy.

- Hand Washing Song ( Wheels On Bus)  
The soap on your hands goes sud, sud, sud.  
Sud, sud, sud. Sud, sud, sud.  
The soap on your hands goes sud, sud, sud.  
And the germs go down the drain.



Websites:

<http://www.henrythehand.com>

<http://www.itsasnaps.org/index.asp>

[www.scrubclub.org](http://www.scrubclub.org)

<http://www.qualistar.org/professionals/safety.php>

<http://lanaster.unl.edu/food/sinkgerms.htm>

Presented By:

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**Twinkle, twinkle little star,  
Look how clean my two hands are,  
Soap and water wash and scrub,  
Get those germs off rub-a-dub,  
Twinkle, twinkle little star,  
Look how clean my two hands are.**

# Germ Fighters



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