

This is a social story about washing my hands

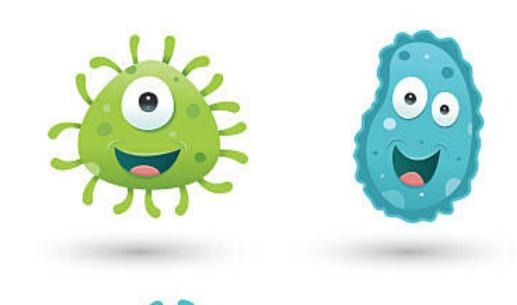


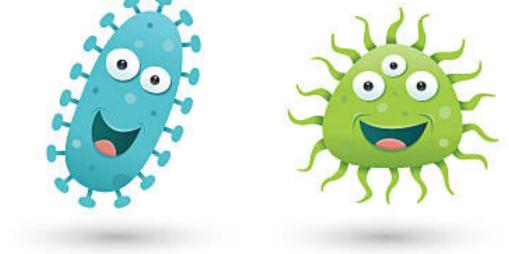


Germs are tiny, invisible things that live on all things, inside and on me. This is okay.



Some germs are good for us...







...and some are <u>not</u> good for us.

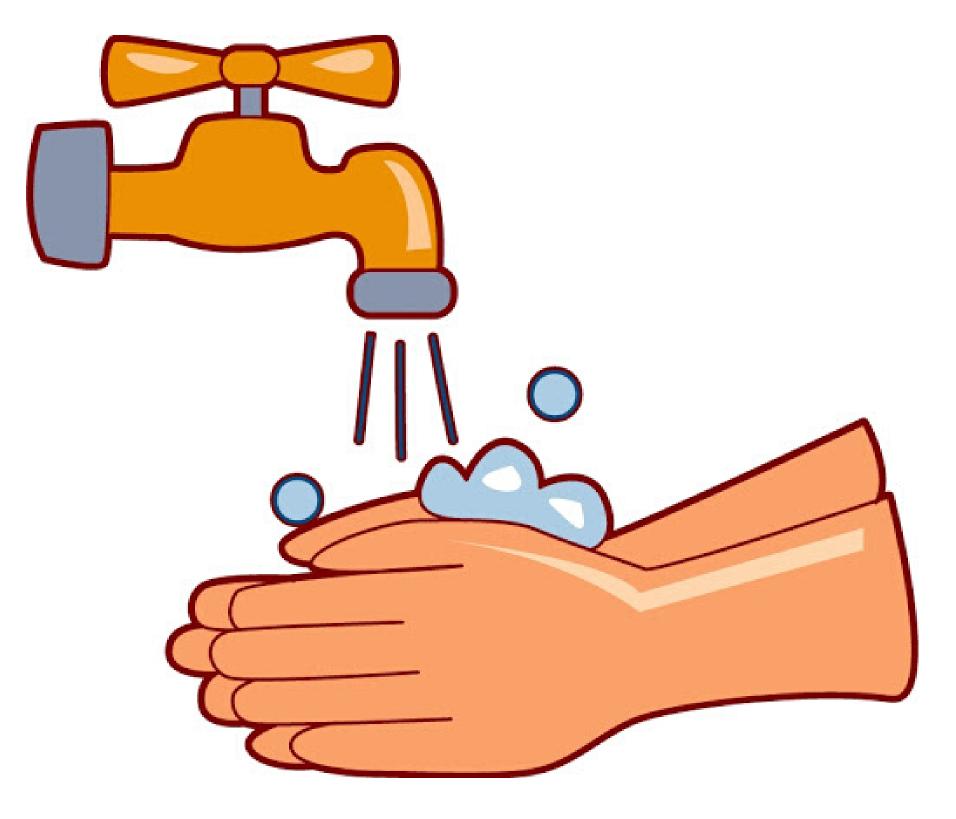
Sometimes germs can make us feel poorly.





Washing our hands is a good way to try to stop

germs making us poorly.



It is important to wash my hands...



Before eating





After going to the toilet

<u>After</u>





Before touching food e.g. cooking activities

After blowing your nose, sneezing or coughing

touching your pets or other animals

After playing with messy toys e.g. playdough



<u>After</u> playing outside

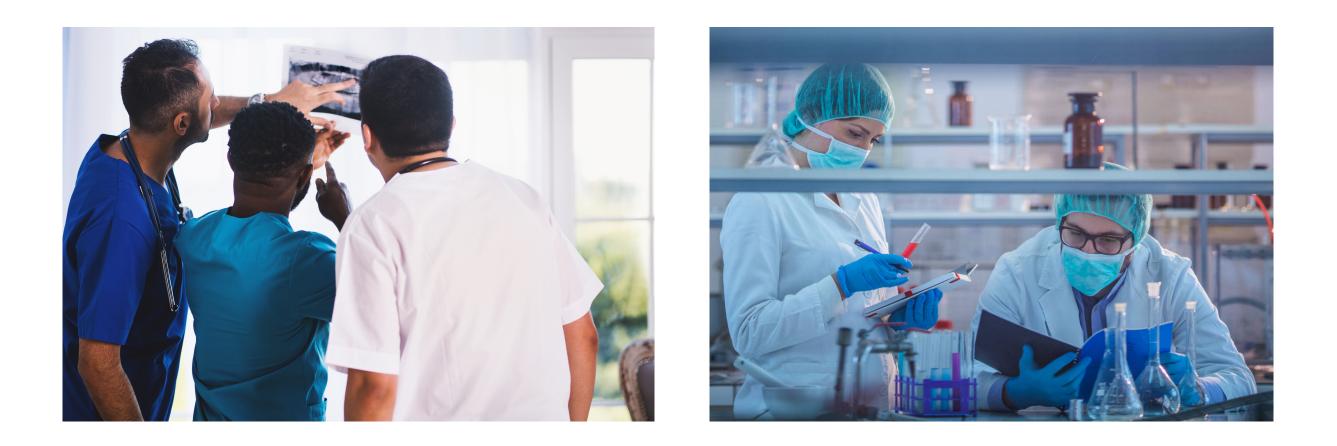
Here is a good way to wash your hands.



It is suggested we wash our hands for about 20 seconds. I can sing the 'Happy Birthday' song twice while I wash my hands. This can make sure I wash my hands for 20 seconds.



There are germs that doctors and scientists are still learning about. This can make people feel scared. It is okay to feel this way. Scientists are working very hard to try and understand these germs.



Many people are also working hard to make

sure germs don't spread and make people poorly. One of these people can be me if I wash my hands often.



