



washing my hands



*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 not 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



Before
touching
food
e.g. cooking
activities



After
going to
the
toilet



After
blowing
your nose,
sneezing or
coughing



After
touching
your pets
or other
animals



After
playing
outside



After
playing
with messy
toys e.g.
playdough

Here is a good way to wash your hands.

Wash Your Hands



Use soap



Rub palm to palm
with fingers



Rub tips of fingers



Rub each wrist



Rinse your hands



Dry 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.



