

Help the Helpers

Equipment: Hand sanitiser

Set Up: You could do this activity whenever you use a hand sanitiser, perhaps whenever you come in or out of your house.

Suggested Instructions:

Squirt a bit of the sanitiser onto one of your hands and rub it in until it's all gone.

As you do this, think about the nurses, doctors and other health professionals who are trying to help people who are sick to get better.

If you want to, you can say a hope or a prayer for their safety and protection.

