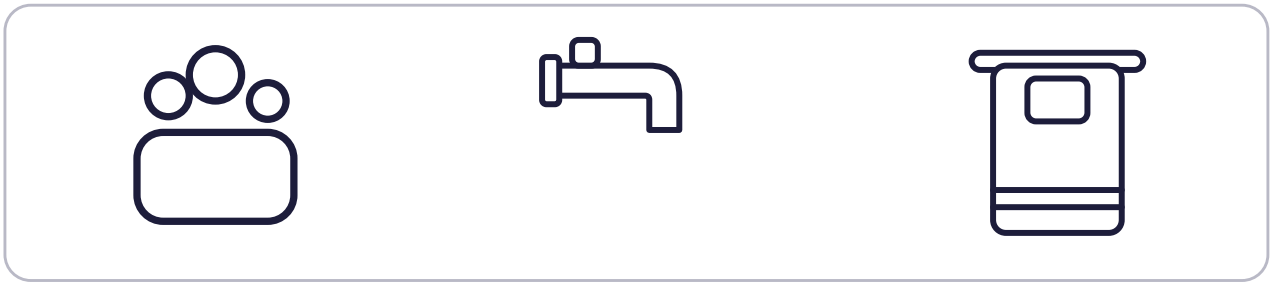
Instructions

Level 2 · Year 1–2 · Grade 1–2

How to Wash Your Hands



Washing your hands helps to wash away germs. Germs are tiny living things that can make you ill. They are too small to see.

You will need:

- soap
- water
- a clean towel

1. Wet your hands with water.
2. Put some soap on your hands.
3. Rub your hands together until they are covered in bubbles.
4. Rub the backs of your hands, between your fingers, your thumbs and your fingertips.
5. Keep rubbing for at least 20 seconds. That is about as long as singing “Happy Birthday” twice.
6. Rinse off the soap with water.
7. Dry your hands with a clean towel.

When should you wash your hands? Wash them after you use the toilet, before you eat, and when they look dirty.

Questions: How to Wash Your Hands

Name _____ Date _____

1 **How long should you keep rubbing your hands? Tick one.** Find it 1b

- ☐ for 2 seconds
- ☐ for at least 20 seconds
- ☐ for an hour

2 **What are germs?** Find it 1b

_____

3 **Find and copy one word in the first part that means very small.** Word meaning 1a

_____

4 **Number the steps 1 to 4 in the right order.** In order 1c

- ☐ Rinse off the soap.
- ☐ Wet your hands with water.
- ☐ Dry your hands with a clean towel.
- ☐ Put some soap on your hands.

5 **Write one time when you should wash your hands.** Find it 1b

_____

6 **Why should the towel be clean?** Think it 1d

_____

_____

_____

Draw yourself doing one of the steps.

Answers: How to Wash Your Hands

Accept answers in the child's own words that show the same understanding.

1 **How long should you keep rubbing your hands? Tick one.** Find it 1b

- [ ] for 2 seconds
- [x] for at least 20 seconds
- [ ] for an hour

In the text: "Keep rubbing for at least 20 seconds."

2 **What are germs?** Find it 1b

tiny living things that can make you ill

In the text: "Germs are tiny living things that can make you ill."

3 **Find and copy one word in the first part that means very small.** Word meaning 1a

tiny

In the text: "Germs are tiny living things"

4 **Number the steps 1 to 4 in the right order.** In order 1c

3 Rinse off the soap.

1 Wet your hands with water.

4 Dry your hands with a clean towel.

2 Put some soap on your hands.

In the text: "Wet your hands with water.", then "Put some soap on your hands.", then "Rinse off the soap with water.", then "Dry your hands with a clean towel."

5 **Write one time when you should wash your hands.** Find it 1b

after you use the toilet, before you eat, or when they look dirty (any one)

In the text: "Wash them after you use the toilet, before you eat, and when they look dirty."

6 **Why should the towel be clean?** Think it 1d

Possible answer: A dirty towel could put germs back on your clean hands.

In the text: "Washing your hands helps to wash away germs." … "Dry your hands with a clean towel."

Facts checked against: NHS: how to wash your hands; CDC: about handwashing.