

Washing Hands

A poem to help individuals with their
hand-washing routine

Washing Hands

Text	Prop(s)	Action/ Sensory Exploration
These are my new handwashing rules	'Washing hands' visual timetable	Present the visual timetable to show the individual a breakdown of the steps to washing your hands.
I will wash my hands when I arrive at school		
I will wash my hands if I sneeze and before I eat and play		
Washing my hands makes them clean and keeps the germs away		

Washing Hands

First, I turn on the tap and let the water run

I can take my time, there is no rush, we're going to make it fun!

I can have the water how I like, cold, luke-warm or hot

It's the soap that is important and not to be forgot!

Water Turn the tap on and model wetting fronts and backs of your hands..

Offer encouragement & praise as the individual copies your actions.

(If individuals need encouragement try adding a little glitter onto their hands to wash off or give them a small plastic toy to wash in the sink)

Washing Hands

Next, I put soap on wet hands and rub them both together

I rub between my fingers and thumbs, I am really clever!

Soap Model applying soap to the hands, creating a lather and rubbing the front & back of the hands, between the fingers and thumbs and under the nails.

Offer encouragement & praise as the individual copies your actions.

Experiment with different textures of soaps (bars, gels, liquid, foaming.)

Individuals sensitive to smell may prefer an unscented soap.

For individuals with sensitive skin offer a hypoallergenic soap.

For others, using novelty soaps can be motivating.

Experiment with fruity and floral scents, soaps that smell like lemonade or retro sweets, cartoon character soaps, shaped soaps and 'Treasure Soap' (see 'Extension Activities')

Washing Hands

I need to rub for 20 seconds, this can seem quite long

So, to help I can use a timer, or sing my favourite song!

Timer

Song

Use a timer as a visual clue.

Sing or play a favourite song. (This could be pre-recorded on a Talking Tile)

Use a handwashing app

Next I rinse my hands and wash the soap away

'Don't forget to turn off the tap' I hear my teacher say.

Model rinsing your hands.

Offer encouragement & praise as the individual copies your actions.

Model turning the tap off.

Offer praise as the individual copies your actions.

Last, I need to dry my hands so there's no water on my skin

When my hands are dry, I put the paper towel into the rubbish bin.

Paper towel

Model drying the hands then dispose of the paper towel in the bin.

Offer encouragement & praise as the individual copies your actions.

Drawn their attention to how nice and clean their hands are.

Washing Hands

**If I'm
outside or
in the hall
then
there's a
special gel**

**If used
correctly
this will kill
the germs
as well**

**Hand
sanitiser
gel**

Model using the hand sanitiser gel.

Offer encouragement & praise as the individual copies your actions.

Offer a reward each time the individual washes their hands, this could be a sticker, blowing bubbles or adding a tick to a wall chart so they can track their accomplishments.

Washing the hands frequently can make them dry and sore to those with sensitive skin. Offer moisturising cream with/without a hand massage afterwards.

Extension Activities – Treasure Soap

Treasure soap will motivate individuals to wash their hands! The more they wash their hands the nearer they get to accessing the item hidden within the soap!
The treasure inside the soap can be tailored to meet an individual's likes and motivators.



You will need:

- A bar of glycerine soap
- Microwave
- Cupcake baking tin/mould
- Herbs, child-friendly flowers or a small motivating plastic toy

Extension Activities – Treasure Soap

Method

Cut a bar of glycerine soap into cubes then melt in a microwave for approx 50 seconds then stir. Return to the microwave on short bursts of 10 seconds until it is melted but stop before it becomes frothy.

Pour the liquid into the cupcake tin or mould.

Add a sprig of herbs, a child-friendly flowers or a small plastic toy to the centre of the liquid

Leave to solidify then remove from the mould

Extension Activities – Soapy-Doh!

Soapy-doh is a soft mouldable dough made with soap so children are cleaning their hands as they play!



Ingredients:

1 cup Cornflour

A sprig of dried herbs (rosemary/lavender/thyme/mint are ideal) or a child-friendly flower

½ cup Handwash/ liquid soap/shower gel

1tbsp Oil (coconut/sunflower/olive/baby oil)

Bind together. Add more flour if necessary to achieve your preferred consistency.

Supervise play.

Glitter Germ Game

This activity will educate individuals how easily germs can spread to different surfaces and how using soap and water can wash the germs away.

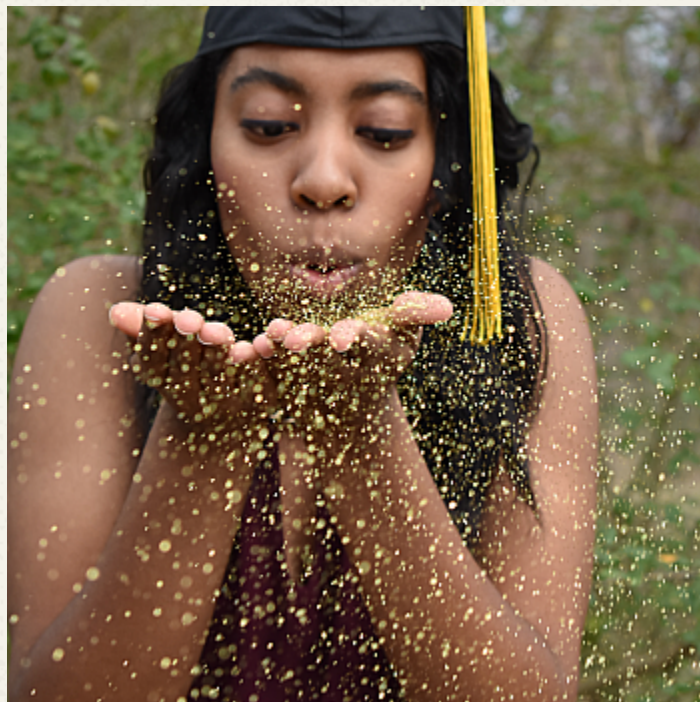
The individual rubs a little glitter, flour, talc or chalk onto their hands. These are the germs.

They are then given a simple task to complete (draw a picture, water a plant using a watering can or a jug or free play for a couple of minutes.)

Show them how the germs (glitter/flour/talc/chalk) has attached itself to everything they touched and that this is the reason we wash our hands.

Ask the individual to wash their hands with just water. This will not remove all the glitter/flour/talc/chalk.

Model washing your hands the correct way using soap as shown in the story explaining how the soap washes the germs away leaving spotlessly clean hands.



Health & Safety

Ensure all activities are supervised by a responsible adult and be aware of choking hazards. Check the ingredients in any items you may be using for any potential food or skin allergies or respiratory reactions. If you see any signs of redness, swelling or other symptoms of a suspected reaction seek immediate medical advice.

Washing Hands Visual Schedule



Turn on the tap



wet your hands



Add soap



rinse your hands



dry your hands



paper towel in bin



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The activities in these stories are ideas. You are wholly responsible for any activities you decide to carry out. If you are concerned or have doubts regarding any activity or prop used, then seek advice before starting.

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www.janemullenspeechtherapy.co.uk

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