



**LI'LDOC Educational worksheets**

GOALS: Awareness, education, entertainment, reassurance

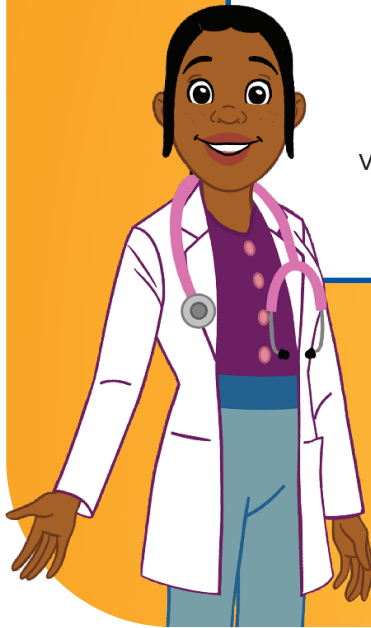
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## THE HAND WASHING CHAMPS



### Goal of the activity

Learn and understand how to protect yourself from contagious viruses with a fun approach to hand washing for the whole family!



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## Materials

Colouring boards, blank paper, coloured pencils, crayons or painting supplies, mounting putty (Blu Tack) or tape.

### STEP 1

After watching the episode on *The difference between a cold and the flu* (or an episode on infections such as otitis, sinusitis, pharyngitis, hand-foot-and-mouth disease...), start a discussion with your children about Li'lDoc's advice for protecting yourself against contagious viruses (cough into your elbow, wash your hands thoroughly for 30 seconds).

Before telling the children about the 6 steps for proper hand washing, get them to use their imagination. Ask them what would be the best possible way to wash their hands (How many steps? How long? With what? How? Why?...). Complete and correct their knowledge by providing serious but reassuring information.

#### The 6 steps for ideal hand washing:

- 1) Wet your hands with warm water
- 2) Apply soap
- 3) Rub hands against each other for 20 seconds
- 4) Wash all surfaces of hands (fingernails, thumbs, between fingers) for 10 seconds
- 5) Rinse hands with warm water
- 6) Turn off the tap and dry hands



**Ages 8-9:** using the 6 steps for inspiration, have the children draw and colour or paint their representation of the 6 steps on a blank sheet.

**Ages 6-7:** ask them to colour the sheet you have prepared showing the six steps.



### STEP 2

#### The practical part!

Post the sheet with the 6 steps for best hand washing in the bathroom and/or near the kitchen sink. Now it's time for a practical session! Count 30 seconds together while washing hands, as a kind of game. Each child will develop independence and time management skills by completing the exercise.

Older children can take a leadership role by keeping time, while younger ones should be more focused on correctly completing the six steps.