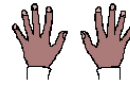
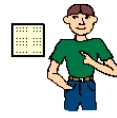
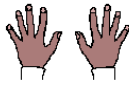


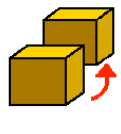
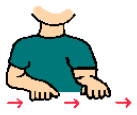
Washing My Hands



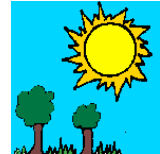
I will wash my hands when they



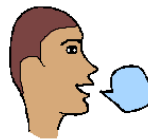
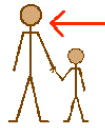
are dirty. My hands get dirty when I



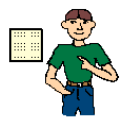
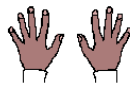
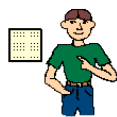
do many things such as playing with toys, after



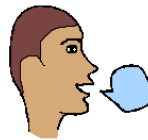
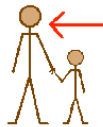
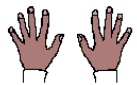
I have used the toilet, and playing outside.



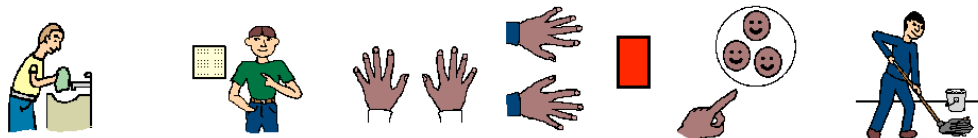
An adult will tell me when I need



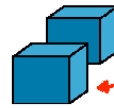
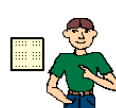
to wash my hands. I will try to wash my



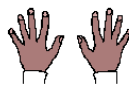
hands when the adult tells me to.



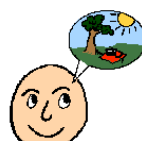
Washing my hands gets them clean



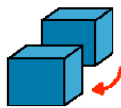
again. I need to wash my hands before I



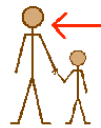
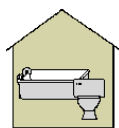
eat. Washing my hands is a healthy thing to



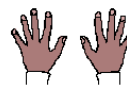
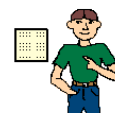
do. I will try to remember to wash my



hands before I eat and after I use



the bathroom without having an adult remind me.



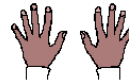
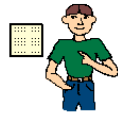
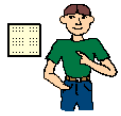
The water will run over my hands.



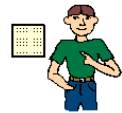
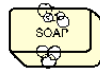
It may be cold. It is okay to wait until



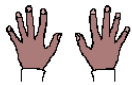
the water is warm. The soap will feel slippery on



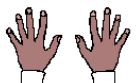
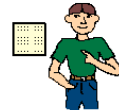
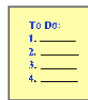
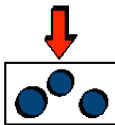
my hands. When my hands are slippery, it



means that the soap is working to clean my



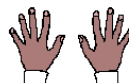
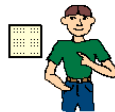
hands of dirt and germs.



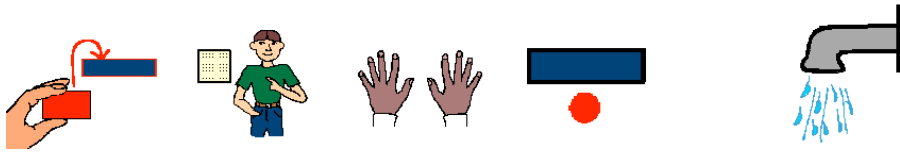
These are the steps for washing my hands.



1) Turn on the water.



2) Squirt soap in my hands.



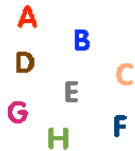
3) Put my hands under the water.



4) Rub my hands together and make soap



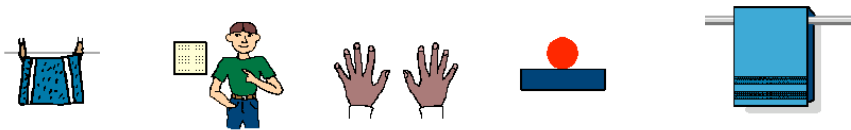
bubbles. I will rub them while I say



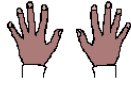
the ABCs.



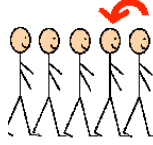
5) Rinse the soap off my hands.



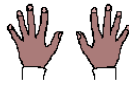
6) Dry my hands on a towel.



My hands will feel good when they



are clean. I will try to follow all the steps



and have clean hands.