# Clean Hands, Ready to Go

Requirement(s) 2



*Gear up!* Crayons, an adult partner, and access to a sink with soap, clean running water, and a clean towel or air dryer.

**Practice at the sink.** Have your adult partner read and help.

1. Use running water to wet your hands, then add soap.
2. Make suds over your palms, hand backs, finger spaces, and under your nails.
3. Keep scrubbing for at least 20 seconds. Your adult can time you.
4. Wash the soap off under running water.
5. Dry your hands with a clean towel or air dryer.

**When is it time to wash?** Talk about washing before eating, after using the toilet, and after blowing your nose, coughing, or sneezing.

## Draw one time you need clean hands.

- ◯ I practiced washing with soap and running water.
- ◯ I told my adult partner when to wash.

Pretend washing on paper does not finish the washing practice. Adults help with safe water temperature and keep the floor dry.

Original local activity worksheet - not an official Scouting America publication.