

Washing your hands



1. Turn the tap on.
2. Put your hands under the water to get them wet.
3. Squirt some soap onto your hands.
4. Rub your hands together.
5. Slip your fingers together and rub in between the fingers too.
6. Scratch your nails onto your palm.
7. Count to 20 while you do this.
8. Rinse the soap off your hands.
9. Turn off the tap.
10. Dry your hands using a towel.