Washing our hands

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What is this?

We know it is important to keep our hands clean. There are many different reasons why we should wash our hands, and it is important that we wash them properly.

Who is this for?

Parents of primary school learners.

For children in nursery and P1

What to do together:

When we are washing our hands, we can sing songs or nursery rhymes to make it more fun. Songs and nursery rhymes help us to listen clearly and learn more about words and sounds.

* Sing your favourite nursery rhyme or song when washing your hands.
* Try taking turns with an adult singing one line and you singing the next.
* Talk about what you like in each song or rhyme. Which is your favourite and why?

For children in P2/P3/P4

When we wash our hands, it is important we do this carefully to make sure we get rid of all the germs. Think about listening to instructions carefully and being able to give clear instructions to someone else.

* Look around your bathroom and say all the things you need to use when washing your hands.
* Ask an adult to explain to you the steps of washing our hands.
* Follow the instructions carefully and wash your hands.
* Listen carefully to all the details. Ask questions if there is something you do not understand.
* Repeat the steps back to the adult.
* Ask the adult to follow your instructions and wash their hands.
* Repeat your instructions to a younger child in your family if you can.

For children in P5/P6/P7

There are many public information films and videos that explain when we should wash our hands and why it is important. Look online with an adult to find two different information films. As you watch and listen, take some notes.

* As you watch and listen, identify any new vocabulary and write it down. Find out the meaning of these words.
* Think about how the information is presented – is it all one person talking or a number of different people?
* What do you like about the film clips?
* Is there any information which you think is not needed?
* Identify which of these film clips is the most helpful in explaining all the facts. Why do you think this? Explain your view.