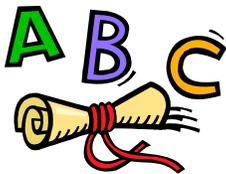


Handwashing with the Alphabet

Objective: Get preschoolers through first graders in the routine of washing their hands before they eat and/or after they play, while helping them learn the alphabet.

Activity: Before lunch or snack, or after recess time, have the children practice good hand washing while singing their alphabets and numbers.

1. Line children up in a circle (Choose a new line leader each day/week/month)
2. Teacher stands by the sink and turns the water on warm.
3. Each child comes to the sink, one at a time, quickly running hands under the water.
4. Teacher gives a small squirt of soap as each child comes by.
5. As the children are walking in the circle, they are scrubbing their hands and singing the alphabet (start counting, then back to alphabet, if necessary).
6. As the children circle back to the sink, they rinse their hands and the teacher hands them a paper towel to dry.
7. Minimal water might drip on the floor. Have the line leader take a paper towel to wipe the sink and any spots on the floor. (If you are leaving the class to go to lunch, the water should dry before you return.)
8. Tell the children that when they are at home, too, they should wash their hands for as long as it takes to sing their ABCs.



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