

Project Heart

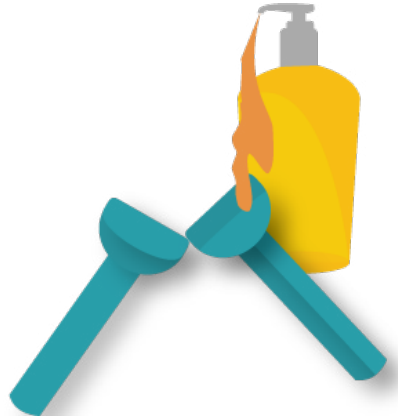
Activities for the Classroom

TOOLBOX HOW TO WASH YOUR HANDS

Hand washing does more than just keep the dirt off. Washing your hands helps prevent you from getting sick and is an important part of kitchen safety. Cool-E uses these steps to wash his hands properly.



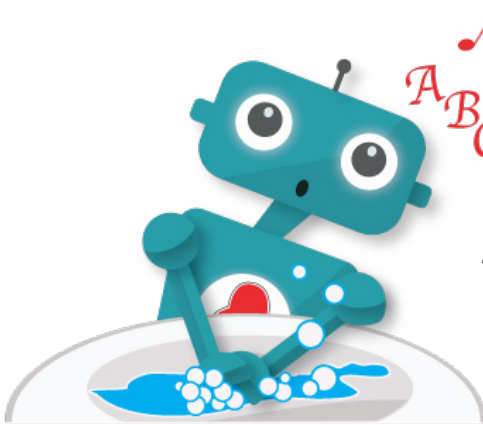
1. At the sink, wet your hands with warm water.



2. Put soap on your hands.



3. Rub your hands together to create a lather.



4. Wash your hands with the soap lather while singing the alphabet song twice.



5. Rinse your hands to remove all the soap.



6. Use a clean towel to dry your hands and turn off the water.