

Name: _____

Week of 2 October 2023

Practical Life Homework

Care of Self: Hand Washing

Instructions:

1. Roll up your sleeves if necessary.
2. Turn on the faucet. Make sure the water is warm.
3. Wet your hands under the running water.
4. Turn off the faucet.
5. Pump a small amount of soap onto your hands.
6. Slowly rub your hands together in a circular motion for at least 20 seconds. Rub the soap all over the palms, backs, wrists and fingers/fingertips of both your hands. To make sure you have washed your hands for 20 seconds, count to 20 or sing the *Happy Birthday* song©.
7. Turn on the faucet.
8. Rinse your hands in the warm running water to remove all of the soap.
9. Turn off the faucet.
10. Dry your hands, including in between your fingers and around your wrists.

