

Name: _____

Week of 29 September 2025

Practical Life Homework
Care of Self: Hand Washing

Have your child practice hand washing upon waking up in the morning, before a meal or snack, arriving home from school and before going to sleep.

Instructions:

1. Roll up your sleeves if necessary.
2. Turn on the faucet. Make sure the water is not too hot or too cold.
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 the faucet back on and rub your hands together under the running water to remove all the soap.
8. Turn off the faucet and gently shake your hands three times into the sink to remove any excess water.
9. Dry your hands, including in between your fingers and around your wrists.



If you would like to send in a 3x5 hard copy photo of your child performing this task, we will be happy to post it on our Community at Work bulletin board. Seeing themselves on the board gives our students a greater sense of pride and encourages independence.