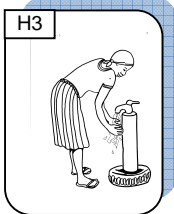


6. HAND WASHING WITH SOAP

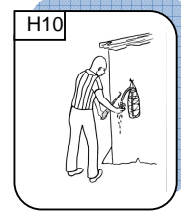
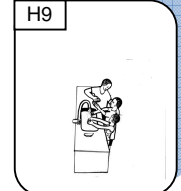
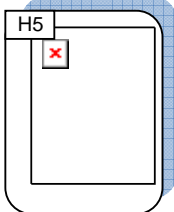
ACTIVITY: 6. 3 Pile Sorting **TIME: 1 Hour**

1. Give out the hand washing pictures.
2. Ask each person to come up to the front one at a time and explain what they have in their picture.
3. They must ask the audience if their picture is a good practise, or bad, and for what reasons.
4. Encourage people to debate on each picture, the more discussion the better. If there is too much heat in the argument,



RECOMMENDED PRACTICES

1. Pour water over hands to wash them, allowing water to run to waste, instead of sharing a bowl of water between people.
2. Always use soap when you wash your hands.
3. Lather hands with soap for at least 20 seconds.
4. Clean nails with soap and keep nails cut short.
5. Wash hands well with soap before touching food.
6. Wash hands with soap after defecation.
7. Leave soap and water near a toilet for hand washing.
8. Wash hands with soap after changing a baby's nappy.
9. No towel is necessary for drying hands.
10. If no hand washing before meals, use a spoon.



ACTIVITY 7: Washing Hands Song

To remove germs properly from hands, we **MUST**

1. Use soap
2. Rub thoroughly for at least 20 seconds.

To remind us how long we should wash your hands, make up a song in your own language which takes at least **20 seconds** to sing.

People should sing the song whenever washing hands. Teach it to your children!

HANDWASHING SONG

*Always! Always!
We wash hands; we take the soap.
We rub our hands and see the foam.
We rinse our hands and shake to dry.*

**NEW PRACTICE:
Always wash hands with
soap**