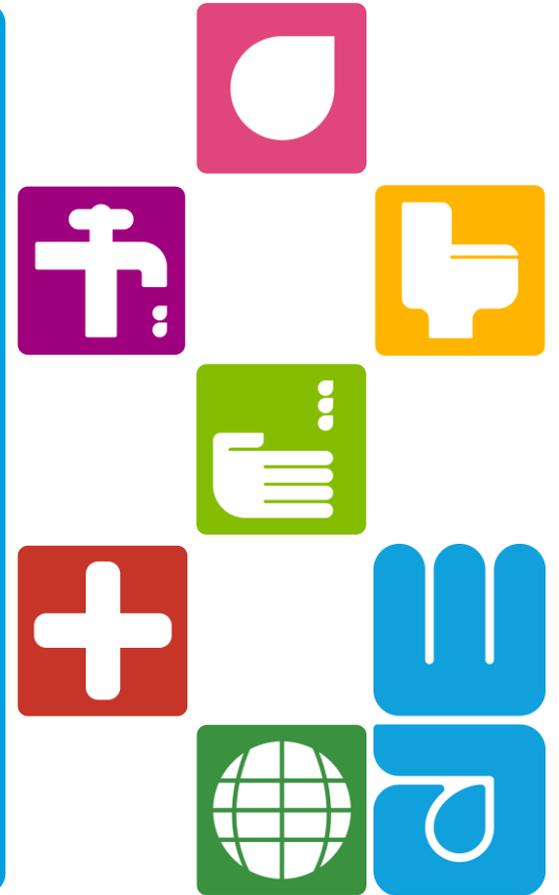


# Clean hands, healthy bodies!

A set of handwashing activities for  
parents and under 5s



**WaterAid**

# WaterAid and handwashing

WaterAid provides clean water, sanitation and good hygiene practices to transform people's lives in some of the world's most marginalised communities.

Globally 2 in 5 people lack handwashing facilities at home, so when a community gets clean water and decent toilets for the first time, they also have the power to change their hygiene habits. They can keep themselves and their environment clean, stay healthy and stop diseases spreading, and live dignified lives.

We've been promoting good hygiene for 40 years. Now more than ever, habits like frequent and thorough handwashing are crucial to stop diseases spreading.



# Clean hands, healthy bodies!

Whether it's after going to the toilet or before eating washing your hands is one of the easiest ways to prevent the spread of disease. Even so, it can sometimes be difficult to get very young children to wash their hands and remember to turn the tap off when they finish so as not to waste water.

This step by step activity is designed for you to do with your child using craft, play and simple questions with the help of Hugo the stick puppet to help them learn why, when and how to wash their hands. It also includes a reduce chart to keep up the good work afterwards, and a link to our fantastic online game, Germ Zapper.



Photograph © Jen Wright

# What do I need?

## Making Hugo the stick puppet

- Lolly stick/ old pencil / straw (this will form the stick)
- Any type of paper or card
- Tin of beans (or other foodstuff)
- Pen
- Sticky tape or glue
- A cool name for your puppet – or you can stick with Hugo!



# Let's get making!

**Make the stick puppet with the help of your child. Perhaps they could draw the faces or round the tin of beans.**

- Draw two circles onto your piece of card or paper. Use a tin of beans to draw around for your circles.
- Draw a not impressed face on one circle 😞 and a happy face the other circle 😊
- Cut the faces out.
- Stick each face to either side of the stick.



# Meet Hugo the stick puppet

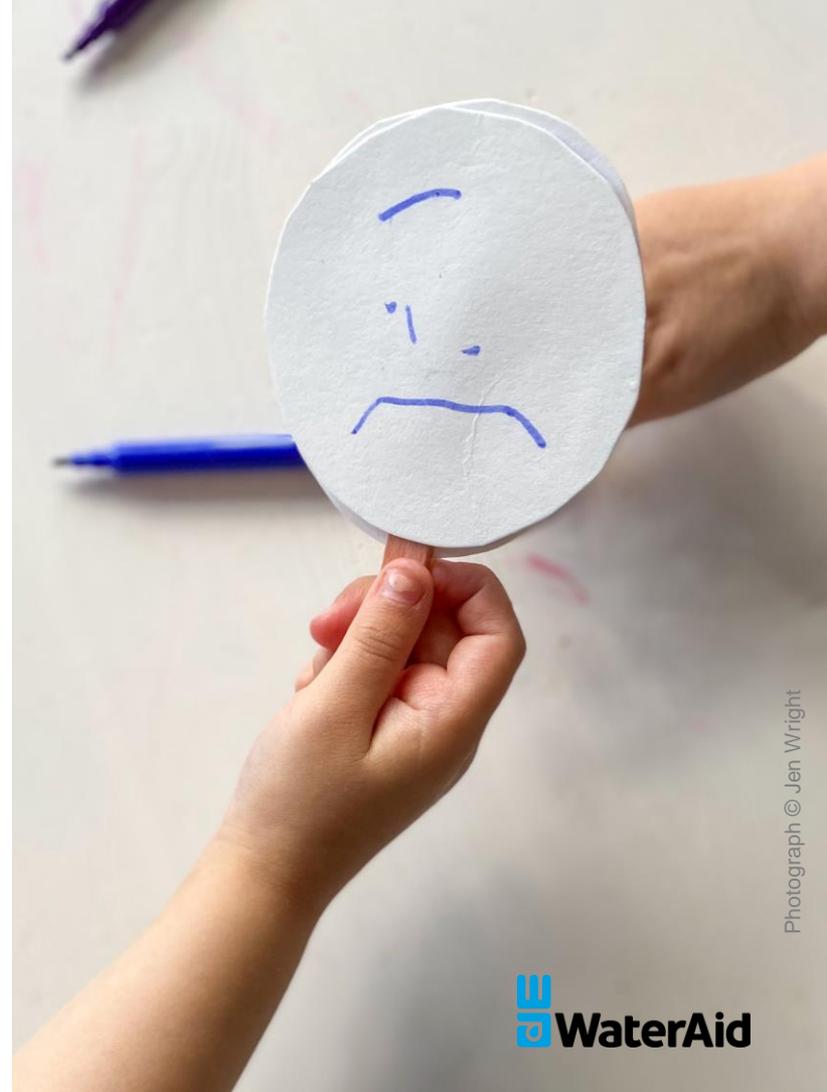
**You have now made your very own Hugo the stick puppet! If you are feeling a little more adventurous, you could add hair and accessories to your puppet.**

- With your child, think of a name for your stick puppet and introduce it to your child.
- Explain that although Hugo looks happy now (show the happy face), sometimes Hugo is not impressed with some of the things we do (show the unimpressed face).
- Ask your child what might make Hugo unimpressed. For example, not tidying toys away or not saying please and thank you.



## What makes Hugo sad?

- Explain that one thing that makes Hugo unimpressed is wasting things. Give your child a few examples to understand what this means. For example, wasting food. Tell your child that you are going to go on a trip to the bathroom.
- In the bathroom, explain that Hugo feels really sad when water is wasted (show sad face). Ask your child to look around the bathroom and think of any ways water might be wasted there. If they are unsure, give the following suggestions - leaving the tap running when brushing teeth or playing with the toilet flush and flushing it more times than necessary.



# Let's make Hugo happy!

- Show Hugo's happy face and say "let's try and make Hugo happy by doing these things correctly."
- Hand Hugo to your child and ask them to show you how Hugo feels once you've completed the following action by choosing either the happy face, or the unimpressed face.
- Flushing the toilet repeatedly (pretend to press the flush over and over again) This should make Hugo unimpressed. Take Hugo from your child and ask them to show you how to flush the toilet correctly without wasting water (they should not actually flush the toilet but show you that they should press the flush just once). If you have a dual flush toilet, explain what each button is for and when it should be used. Show Hugo's happy face and let your child know that Hugo is super happy that they are saving water by flushing just once and using the correct flush if appropriate.

# Let's make Hugo happy!

- Move to the bathroom sink and ask your child to hold their hands out. Ask if their hands are clean and when they last washed them. Ask if they can tell you and Hugo when they need to wash their hands (before eating, after using the toilet, after playing outside, playing with pets etc). Show them the happy face every time they get the right answer.
- Ask your child if they can tell you and Hugo why they need to wash their hands (because they are dirty or covered in germs). Explain that we can't see the germs in dirt or on our hands because they are very tiny and germs can make us feel poorly or give us tummy ache. Show Hugo's unimpressed face.
- Tell them that this is why we must wash our hands properly with soap and water especially before eating and after going to the toilet.
- Tell your child that 'now we are going to make Hugo smile with our great hand washing skills and I think he'll be even more impressed to see that not only are we going to wash our hands properly, we are going to make sure we don't water while doing so!'

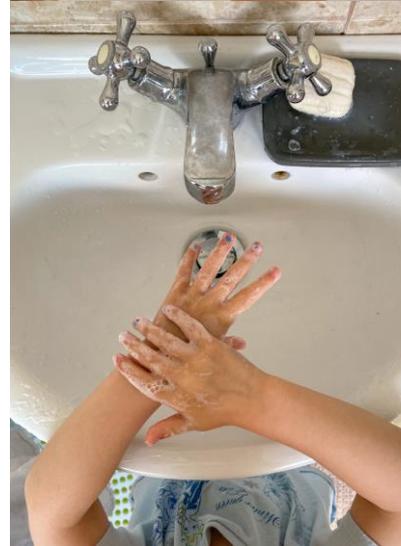
# Let's wash our hands

- Ask your child what they think is needed to make hands super clean (soap, water, towel) Show Hugo's happy face for every correct suggestion.
- Ask if they remember when they should wash their hands – before eating and after going to the toilet. Show Hugo's happy face if they can remember.
- Read out the hand washing steps overleaf and show Hugo's happy face every time they complete a step. If they need help, you could demonstrate first and they can copy or do it at the same time. You can show Hugo's happy face at the end if you are doing it together.



# The handwashing steps

1. Roll long sleeves up to your elbows
2. Turn the tap on and put your hands under the flow of water then turn the tap off
3. Squirt a reasonable amount of soap on to your hands
4. Lather soap by rubbing it into palms and back of hands, in between fingers, round individual finger nails and then round wrists. Repeat this process two or three times without turning the tap back on.
5. Turn the tap back on and rinse hands well under the water repeating the same process, rubbing all over your hands, not forgetting the nail area and wrists.
6. Dry hands using a clean hand towel



# What does Hugo think?

- Once your child gets the technique right, add in a song to make sure that they are washing their hands for the right amount of time. The happy birthday song twice for example, or a favourite song or rhyme of a similar length – you could even make up your own!
- Now they've mastered it, ask your child what Hugo would think of their hand washing skills. Give Hugo to your child to decide. Explain they must remember to wash their hands in this way every time to make Hugo happy and to keep the germs away.



# Keep on washing!

A reward chart can really help in encouraging younger children to keep washing their hands regularly and thoroughly. By building the reward chart into your daily routine, it will help reinforce the importance of handwashing and make it something they remember and want to do. You can use the chart for just one week, or more depending on how your child gets on.

- Read the handwashing targets to your child to ensure they understand what they have to do each day. Recap the steps with them and use Hugo the stick puppet to praise them for each correct step.
- Ask your child to write their name at the top of the chart or write it for them.
- At the end of each day sit with your child and read out their targets. If they have completed the target show Hugo's happy face and draw a smiley face in the column for that day.
- If your child has completed both targets for the whole day, put a tick at the bottom of the column.
- Once they complete the whole week, reward them with the certificate at the end. Write their name in the blue box and sign and date it to make it official. If you wish, you can even add a special reward of yours and their choice to accompany the certificate.

# handwashing reward chart

Targets	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I use soap and water every time I wash my hands							
I wash my hands before eating							
I wash my hands after going to the toilet							
Tick when complete							

# You are a handwashing champion!

Congratulations! You washed your hands with soap and water, before eating and after going to the toilet every day! You are a true handwashing champion!



Signed:

Date:



# Handwashing fun online

Keep the handwashing fun going! Your child can become a handwashing expert by playing our fun handwashing game, Germ Zapper by visiting:

[www.wateraidgames.org/germzapper](http://www.wateraidgames.org/germzapper)

Children can have fun finding and zapping germs and reinforce learning about how to wash their hands with a matching memory game.

Germ Zapper can be downloaded on to any device or played online on the website.

