



Stay Home, Stay Healthy!

NAME

DATE

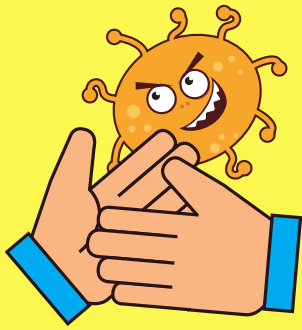
CLASS

TEACHER

WRITE A THANK YOU NOTE

There are lots of people working hard to keep us safe while we are home. Write a thank you note to someone you are grateful for. This can be a parent, sibling, teacher, doctor, grocery store worker, nurse, or friend!

DEAR



With a parent: Practice Hand Washing!



ACTIVITY: PRACTICE HAND WASHING!

1. Grab an adult
2. Get your hands dirty with something that can be hard to clean (non-toxic paint, dirt, etc.)
3. Turn on the water and get your hands wet.
4. Now get the soap and make sure you spend at least 20 seconds scrubbing your hands!
 - a. Sing a song!
 - b. Do you notice any places on your hands that are still dirty?
 - c. Those are the spots you have to remember to wash every time you wash your hands
5. Rinse the soap and the germs off your hands!
6. Make sure to dry your hands with a towel!
7. Congrats! Your hands are nice and clean and germ free!

