

Assignment: Washing Hands (Essential Life Skills)

Objective:

To learn the correct steps of washing hands properly and understand why hand hygiene is important.

Why Washing Hands is Important?

- It keeps us safe from germs.
- It helps prevent sickness like cold, fever, stomach infections.
- It protects us and others around us.
- Simple action but very powerful for health.

Steps to Wash Hands:

1. Wet your hands with clean water.
2. Apply soap on your hands.
3. Rub your hands together gently.
4. Rub between fingers, nails, wrist.
5. Wash hands for at least 20 seconds.
6. Rinse with clean water.
7. Dry with clean towel or tissue.

Activity / Assignment:

1. Practice washing your hands 3 times today.

2. Ask someone at home to check your steps.

3. Tick after you complete:

- First time done
- Second time done
- Third time done

Question for Understanding:

1. Why should we wash hands?

2. When should we wash hands? (write 3 times) eg: after playing, before eating...

3. Which step did you forget today and will improve next time?

Note:

You are doing amazing! Keep practicing daily. Healthy habits make you stronger!