


# 3 activities

**KEEP YOUR HANDS CLEAN**

Name \_\_\_\_\_ Date \_\_\_\_\_

We know that keeping our hands clean and away from our nose, eyes, and mouth can help stop the spread of COVID-19. Create a poster that shares tips you learned about staying safe.



Create a poster showing what you learned.

**TODAY I FEEL...**


Name \_\_\_\_\_ Date \_\_\_\_\_

1. When big things happen in the world, a lot of feelings can build inside of us. Close your eyes and focus. How are you feeling right now?

2. Why are you feeling that way?

3. What do you want to do with these feelings?

4. What do you feel like saying right now?




Times like this can stir up a lot of feelings. How are you feeling today?

**SING & WASH**

Name \_\_\_\_\_ Date \_\_\_\_\_

Time yourself singing 20 seconds of a song. Add a few lyrics under each hand-washing picture so you can remember to always wash your hands for at least 20 seconds to remove as many germs as possible.

1. Wet your hands	2. Add soap	3. Lather your hands
4. Start scrubbing	5. Scrub some more	6. Rinse your hands off
7. Shake off excess water	8. Turn the water off	9. Dry your hands



Add some song lyrics to sing to remember to wash your hands for 20 seconds.

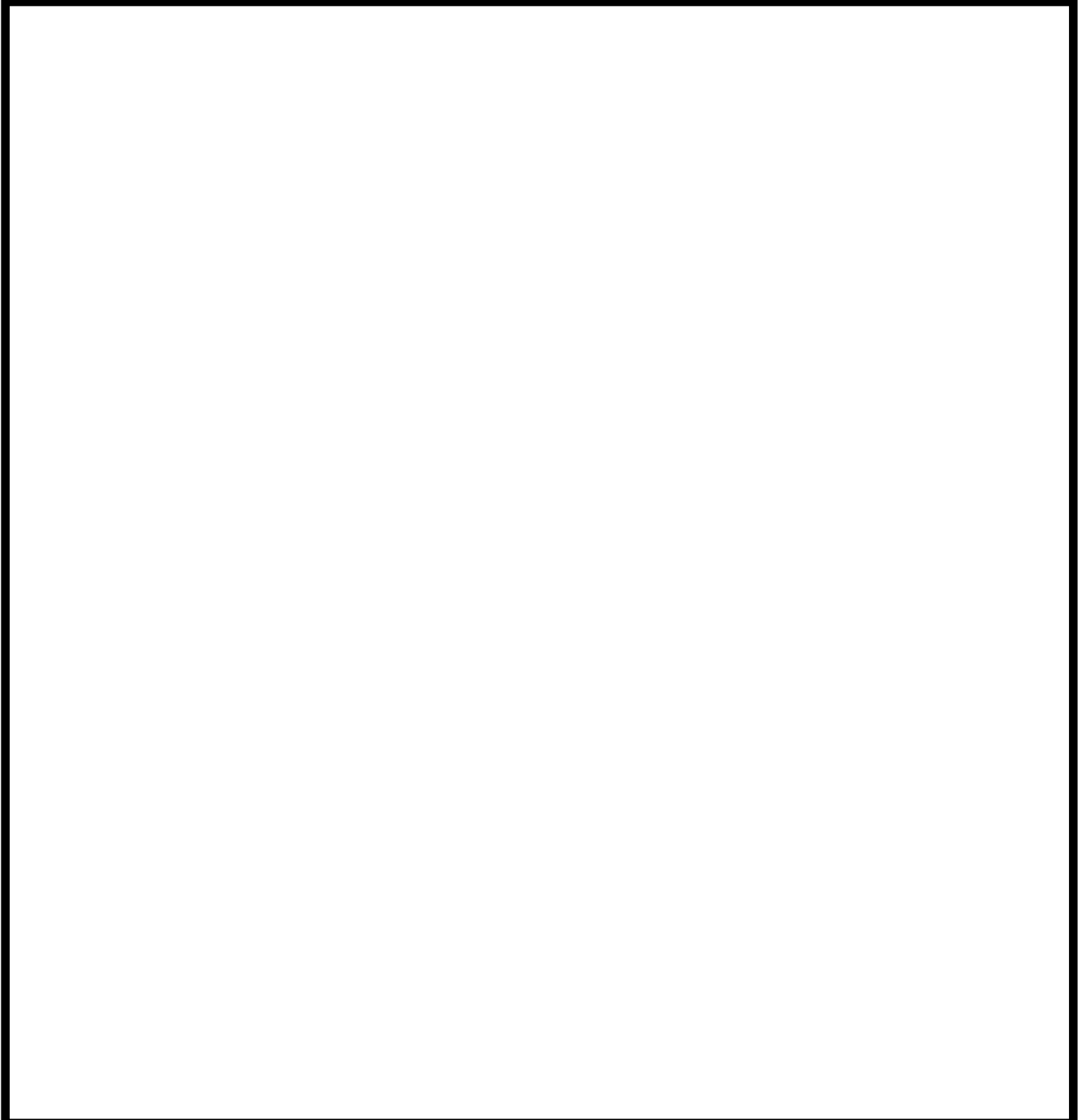
# KEEP YOUR HANDS CLEAN

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**We know that keeping our hands clean and away from our nose, eyes, and mouth can help stop the spread of COVID-19.**

**Create a poster that shares tips you learned about staying safe.**



# TODAY I FEEL...

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**1. When big things happen in the world, a lot of feelings can build inside of us. Close your eyes and focus. How are you feeling right now?**

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**2. Why are you feeling that way?**

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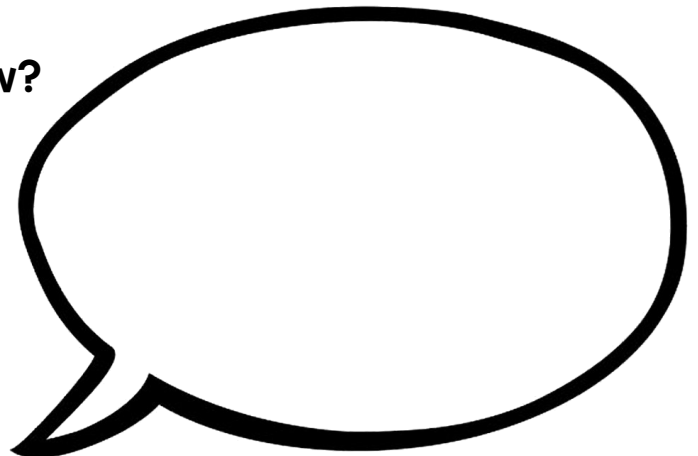
**3. What do you want to do with these feelings?**

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**4. What do you feel like saying right now?**



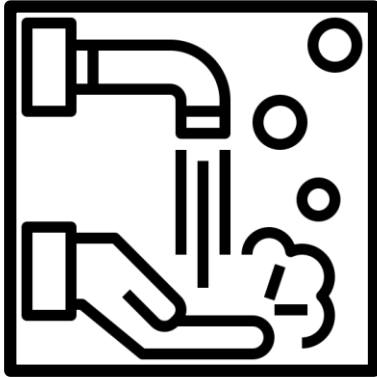


# SING & WASH

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Time yourself singing 20 seconds of a song. Add a few lyrics under each hand-washing picture so you can remember to always wash your hands for at least 20 seconds to remove as many germs as possible.

1. Wet your hands



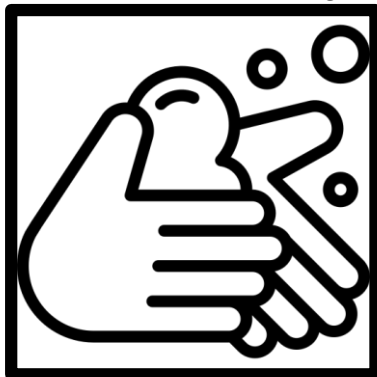
2. Add soap.



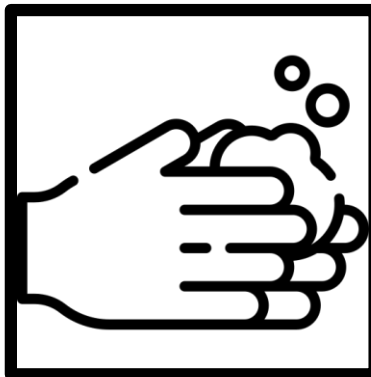
3. Lather your hands.



4. Start scrubbing.



5. Scrub some more.



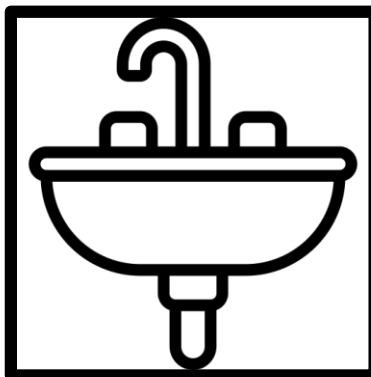
6. Rinse your hands off.



7. Shake off excess water.



8. Turn the water off.



9. Dry your hands.

