



1 Warm Up

Face palms together & slide in back-forth motion 4-5 times

5 Fingernail Scrub



Bring fingertips together and scrub by making circles in other palm 4-5 times, switch sides



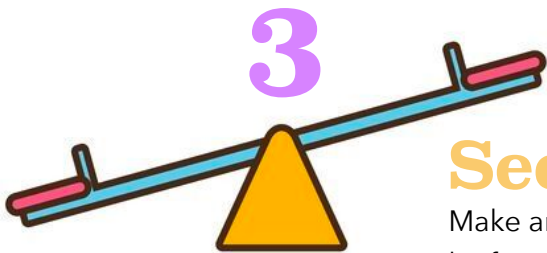
2 Spider Crawl

Fingers apart, stack one hand on top of the other, slide top fingers between bottom fingers in back-forth motion 4-5 times, switch sides



6 Bracelet

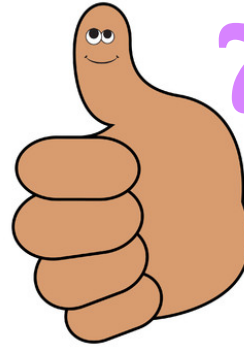
Grip wrist and scrub in twisting motion 4-5 times, switch sides



3

See Saw

Make an X with both hands by facing palms together and fingers out, squeezing fingers, slide one side through fingers of the other, repeat back-forth 4-5 times



7 Thumbs Up

Grip thumb with opposite hand and scrub back-forth from wrist to tip of thumb 4-5 times, switch sides



4 Hand Hug

Cup hands and place fingertips in palms, scrub backs of fingers against palms and heel of hands in twisting motion 4-5 times

7 Steps to Clean, Healthy Hands



Visit our blog for the Hand Washing Video!

www.childcareresourcesinc.com/blog

Child Care Resources, Inc.

214-373-4744