

CONNECTING WITH THE SCHOOL COUNSELOR



National Handwashing Awareness Week
December 1 -7, 2021

HANDWASHING ACTIVITIES

Do it right

Wash your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel.

Memorize the five steps

The Centers for Disease Control and Prevention calls hand washing "a do-it-yourself vaccine" and suggests remembering five easy steps: wet, lather, scrub, rinse, and dry.

Learn the Four Principles of Hand Awareness

Endorsed by the American Medical Association and American Academy of Family Physicians, the four principles are: 1) Wash your hands when they are dirty and before eating; 2) Do not cough into hands; 3) Do not sneeze into hands; and 4) Don't put your fingers in your eyes, nose or mouth.



We are Learning!

Tattling vs Reporting- Tattling is when you want to get someone in trouble. Reporting is when you want to keep someone safe.

Kindness -the quality of being friendly, generous, and considerate

Respect -

- treating others as you would want to be treated
- understanding that all people have value as a human being

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