

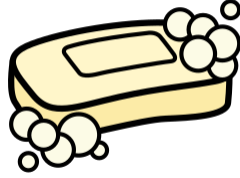
Clean hands



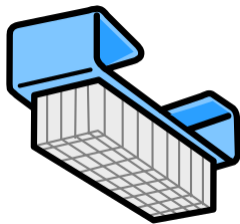
To keep clean and healthy, we have to wash our hands.



It is good to wash our hands with soap and nice warm water.



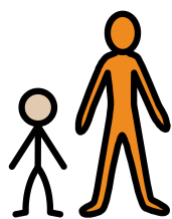
1. We use soap and rub our hands together to make lots of bubbles.



2. We can use a little brush to rub the bubbles into our nails. This might tickle but this is ok.



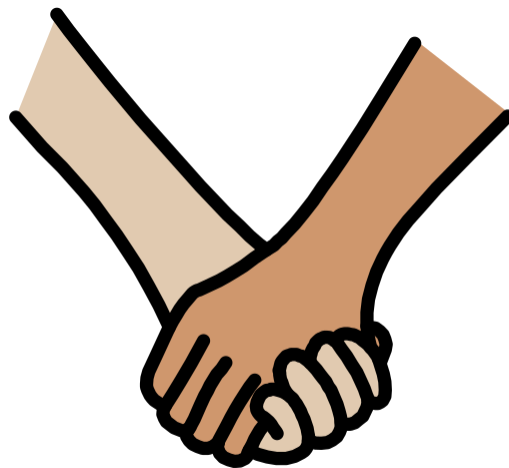
3. We rinse all the bubbles away.



Adults can help us clean our hands and use a little brush.



Washing our hands
and cleaning our nails
is ok.



Lets do it together!