

# CHALLENGE ACTIVITY OF THE WEEK



## Writing your own hand washing Rap or Song!

**Step One:** Write a Rap or lyrics to the music of a favorite song. See the example below.

**Step Two:** Write lyrics to the song you select that will help teach children how to wash their hands.

**Step Three:** Wash your hands and Rap or sing the song – does it last **20 seconds**? Add another verse if needed.

**Step Four:** Write the words of your rap or song into the template, add some decorative drawings to the border.

**Step Five:** Share your Rap or Song with your family and friends- Help everyone stay healthy!

**Step Six:** Share your Rap or Song; e-mail it to [diane.silberstein@oregonstate.edu](mailto:diane.silberstein@oregonstate.edu)



Wash your hands...scrub scrub scrub a dub dub  
Wash them well and you'll know scrub scrub scrub a dub dub  
Wash your hands...scrub scrub scrub a dub dub  
Down the drain all the dirt and germs will go scrub scrub scrub a dub dub  
(repeat)

My friend Anna she's my friend did I mention she's a friend of mine  
She's in the know you should see her go  
Yes she washes her hands all of the time  
In the know...see her go  
And she's very seldom sick I find

My friend Aaron he's my friend did I mention he's a friend of mind  
He's a soccer whiz he is too busy  
To wash his hands most of the time  
A soccer whiz he...is too busy  
And has a cold or something else I find

So wash your hands both palms and backs between your fingers too  
Don't skimp on soap good job I hope  
Because it's so important to do  
Don't skimp on soap..good job I hope  
Get rid of germs yeah good for you

Source: <https://hetv.org/programmes/hand-washing-songs.htm>



