

# CHALLENGE ACTIVITY OF THE WEEK



## Writing your own hand washing song!

**Step One:** Choose a well-known children's song or your current favorite tune! There are a few examples below.

**Step Two:** Write new words to the song you select that teach children how to wash their hands.

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

**Step Four:** Write the words in the Hand Wash Song template, add some decorative drawings to the border.

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

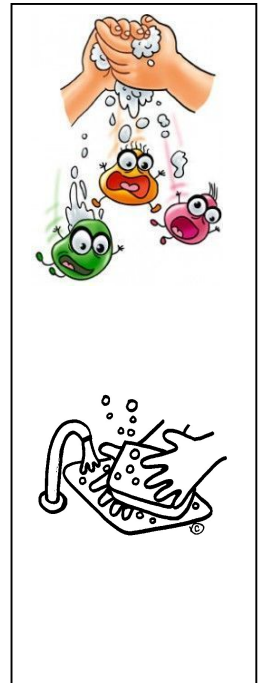
**Step Six:** Share your song e-mail it to [diane.silberstein@oregonstate.edu](mailto:diane.silberstein@oregonstate.edu)

### Examples:



**Wash, Wash, Wash Your Hands**  
(Sing to the tune of "Row, Row, Row Your Boat")  
Wash, wash, wash your hands,  
Play our handy game.  
Rub and scrub and scrub and rub  
Germs go down the drain  
(repeat)

**Good and Clean**  
(Sing to the tune of "Happy Birthday")  
Wash my hands so good and clean  
Wash my fingers and in between  
Watch the germs all go away  
Now they're clean, I'll go and play  
(repeat)



## Hand Washing Song Template

Your Name:

Name of Song: \_\_\_\_\_

Sing to the Tune of \_\_\_\_\_

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My child has permission to share their Hand washing song on the

Klamath County Extension Website

Parent/guardian name \_\_\_\_\_

Parent/guardian signature \_\_\_\_\_