



Life-Skills:

Wash Our Hands

Ages 2 years to 3 years

Objective: The child will learn the importance, meaning, and proper way to wash their hands.

Materials needed:

A sink

A towel

Hand-soap

Procedures

1. Either at the kitchen sink or bathroom sink, hold your child up. **Get them a small stool to stand on next to the sink, if available.**
2. Turn on the facet water. Have your child put their hands in the water. Ask child comprehension type questions. (Ask: "What do you feel? What are we doing? Can you feel the wet water? Is the water cold/hot/warm?") Ask them what they feel, using their words.
3. Now put a small amount of soap on their hands and tell them to rub their hands together, making soap bubbles. Ask them again: "What is on your hands? What are we doing with the soap?"



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4. Now allow all of the soap to be washed off under the water. Ask your child questions again about what is happening: "What are we doing now? Where did all the bubbles go?"

5. Now give your child the towel to dry off their hands. Ask them: "Why do we need the towel?"

6. Using words to ask questions to your child about what you are doing helps build language development. It also builds comprehension and meaning to actions that are taking place in their day-to-day world. This is extremely important for you to consistently do as you are teaching your child, always ask them questions.

Milestones to meet:

The child uses comprehension for hand-washing by using their words to tell you what is happening. The child builds understanding how to wash their hands.

Evaluation:

Did this lesson work for your child? Why or why not?