

# Washing Hands

Helping Individuals Overcome Barriers  
to their Hand Hygiene



# Health & Safety Disclaimer

⚠ Please read the health & safety information below prior to engaging in any of the activities.

The author has used their best efforts in preparing this story and makes no representation or warranties with respect to the accuracy, applicability, fitness or completeness to the contents.

The information in this story is for pleasure and educational purposes only.

If you wish to apply any ideas contained in this resource you are taking full responsibility for your actions.

If you are in any doubt regarding undertaking any activity or using a prop then please seek advice before starting.

⚠ These activities are designed to be led and supervised by a responsible adult at all times.

⚠ Be aware of choking hazards.

⚠ Check the ingredients in any items you may be using for potential food or skin allergies or reactions. If you see any signs of redness, swelling or other symptoms of a suspected reaction seek immediate medical advice.

⚠ The interactions should be led by the sensory explorer who should be allowed to participate without expectation.

Never force stimuli and stop the activity if the story participant shows signs they are not enjoying the activity.



# How to Tell a Multisensory Poem

✿ Choose a quiet, distraction free place that is comfortable for you and the story explorer.

✿ Set out your resources where they are easily accessible to you but out of reach and sight of the sensory explorer.

✿ The poem is set out in a three column table format:

**'POEM'**

**'PROP'**

**'SENSORY EXPERIENCE'**

Read each sentence of the **POEM** slowly and clearly, introducing the story **PROP** as the corresponding word (highlighted in red lettering) of the sentence appears. Provide the **SENSORY EXPERIENCE**.

✿ Allow the story explorer time to engage their senses exploring the prop and to process the sensory experience. This will give you plenty of time to prepare your next prop.

✿ Use a variety of facial expressions, gestures and animated voices to add interest and communicate meaning.

✿ Work through the story at the story explorer's pace. It should be a relaxing and enjoyable experience for you both.

✿ Repetition is the key! The more exposure the sensory explorer has to the story, the more familiar they will become with it.

✿ Focus on having fun and it will become an educational experience!

# Hand Washing Poster



There are new hand washing rules!



I will wash my hands when I arrive at school  
I will wash my hands  
when I sneeze and before  
I eat and play



First, I turn on the tap and let the water run  
I can take my time, there is no rush, we're  
going to make it fun!



I can have the water how I like, cold, lukewarm  
or hot  
It's the soap that is important  
and not to be forgot!



Next I put soap on wet hands  
and rub them both together  
I rub between my fingers and thumbs  
I really am quite clever!



I need to rub for 20 seconds, this can seem quite long  
So to help me I can use a timer or sing my favourite song!



Next I rinse my hands to wash the  
soap away  
"Don't forget to turn off the tap" I  
hear my teachers say



Last I need to dry my hands so  
there's no water on my skin  
When they are dry, I put the  
paper towel into the rubbish bin



If I'm outside or in the hall then there's a special  
gel  
If used correctly this will kill the germs as well



# New Hand Washing Rules!

## POEM

These are the new hand washing rules

I will wash my hands when I arrive at school

I will wash my hands when I sneeze and before I eat and play

I wash my hands to make them clean and keep the germs away

## PROP

'Washing the hands' visual timetable

## SENSORY EXPERIENCE

Present the **visual timetable** to show the sensory explorer a breakdown of the steps to washing your hands.



# Turn on the Tap

## POEM

First, I turn on the **tap** and let the **water** run

I can take my time, there is no rush, we're going to make this fun!

I can have the **water** how I like, cold, lukewarm or hot

It's the soap that is important and not to be forgot!

## PROP

**Tap**  
**Water**  
**Sink**

## SENSORY EXPERIENCE

Turn the **tap** on and model wetting the front and back of your hands with **water**.

💡 Offer encouragement & praise as the sensory explorer copies your actions.

💡 To motivate the sensory explorer to wash their hands add a little glitter onto the hands to wash off or give them a small plastic toy to wash in the sink)



# Soap

## POEM

Next, I put **soap** on wet  
hands and rub them both  
together

I rub between my fingers  
and thumbs, I am really  
clever!

## PROP

**Soap**

## SENSORY EXPERIENCE

Model applying **soap** 💡 to the hands, creating a lather and rubbing the front & back of the hands, between the fingers and thumbs and under the nails.

Offer encouragement & praise as the sensory explorer copies your actions.

💡 Experiment with different textures of soaps (bars, gels, liquid, foaming.)

💡 Individuals sensitive to smell may prefer an unscented soap.

💡 For individuals with sensitive skin offer hypoallergenic soaps.

💡 For others unusual scented soaps may be motivating.  
Experiment with fruity and floral scents, soaps that smell like lemonade or retro sweets, cartoon character soaps, shaped soaps and 'Treasure Soap' (see extension activities)

# 20 Seconds!

## POEM

I need to rub for **20 seconds**, this can seem quite long

So, to help I can use a **timer**, or sing my favourite **song**!

## PROP

**Timer**

**Song**

## SENSORY EXPERIENCE

**Count to 20** with the sensory explorer as they wash their hands.

Use a **timer** as a visual clue.

Sing or play a favourite **song**.

Use a Handwashing App





# Rinse

## POEM

Next, I **rinse** my hands with water to wash the soap away

'Don't forget to turn off the **tap**' I hear my teacher say.

## PROP

**Tap**

**Water**

## SENSORY EXPERIENCE

Model **rinse** your hands with water to remove the soap suds.

Model turning off the **tap**.

Offer encouragement & praise as the sensory explorer copies your actions.



# Dry

## POEM

Last I need to **dry** my hands so there's no water on my skin

When they are dry, I put the paper towel into the rubbish **bin**.

## PROP

**Paper Towel Bin**

## SENSORY EXPERIENCE

Model **drying** your hands using a clean paper towel.

Model disposing of the paper towel into the **bin**.

Offer encouragement & praise as the sensory explorer copies your actions.

Drawn the sensory explorer attention to how nice and clean your hands and their hands are.



# Hand Sanitising Gel

## POEM

If I'm outside or in the hall  
then there's a special gel

If used correctly this will  
kill the germs as well

## PROP

Hand sanitising  
gel

## SENSORY EXPERIENCE

Model using the hand sanitising gel.

Offer encouragement & praise as the individual copies your actions.💡

💡 Offer a reward each time the sensory explorer washes their hands, this could be a sticker, blowing bubbles or adding a tick to a wall chart so they can track their accomplishments.

💡 Washing the hands frequently can make them dry and sore to those with sensitive skin. Offer moisturising cream with/without a hand massage afterwards.

# Visual Timetable



Turn on the tap



wet your hands



Add soap



rinse your hands



dry your hands



paper towel in bin



# Soapy-Doh

Soapy-doh ⚠️ is a soft mouldable dough made with soap so students are cleaning their hands as they manipulate the dough.

## Ingredients:

1 Cup of Cornflour

1/2 Cup Hand Wash/Liquid Soap/Shower Gel

Oil (Coconut/Olive/Sunflower)

Chopped Dried Herbs (Lavender/Thyme/Mint)

A Few Drops of Essential oil

## Method:

Mix the cornflour, and soap together adding the oil 1tsp at a time until you get the desired texture.

Add the dried herbs and essential oil and knead well.

⚠️ Not for consumption & supervise play



# Treasure Soap

Treasure soap will motivate individuals to wash their hands!

The more they wash their hands the nearer they get to accessing the motivating item hidden within the soap!

The treasure inside the soap can be tailored to meet an individual's preferences and motivators.

## Ingredients:

- ✓ A bar of glycerine soap
- ✓ Access to a microwave
- ✓ Cupcake baking tray
- ✓ A sprig of herbs (rosemary, lavender or mint work well) or motivating small plastic toy.



## Method:

Cut a bar of glycerine soap into cubes then melt in a microwave for approx 50 seconds.

Stir, reheat in the microwave at 5 second intervals then stir until it is melted.

Pour the liquid into the

cupcake baking tin or moulds.

Place a sprig of herbs/flower/toy to each soap and leave to solidfy then remove from the tin/moulds.

⚠ The soap will get very hot so this activity must be undertaken by a responsible adult!

# Glitter Germ Game

This is an excellent activity for teaching how germs spread and the importance of thorough hand washing.

⚙️ The student rubs a little glitter or flour into their hands. Explain to them that these are the 'germs'.

⚙️ Ask the student to complete a simple task (draw a picture, water plants using a watering can or jug or simply play for a couple of minutes)

⚙️ Show the student how the germs (glitter/flour) has transferred onto everything they touched and that this is the reason we wash our hands.

⚙️ Encourage the student to wash their hands with just water. This will not remove all the glitter and flour.

⚙️ Model washing your hands the correct way as shown in the story explaining how the soap washes the germs away leaving spotlessly clean hands.



# FAQ

## *What is a Multisensory Story?*

A multisensory story tells a story using words and sensory stimuli (story props), connecting the individual to culture and literature in a way that is motivating and meaningful to their lives.

## *Who Are Multisensory Stories For?*

Each story includes themed, sensory extension activities that link to the EYFS Framework and areas of the KS1 National Curriculum making them the perfect resource for individuals with Special Educational Needs and Disabilities (aged 3-19), EYFS, Mainstream Primary, Speech & Language and EAL students.

## *Are The Stories Only For Use In Educational Settings?*

Absolutely not! The stories and poems are fully resourced, step by step guides, making them the perfect resource for Parents, Siblings, Guardians, Childminders, Early Years Educators, Teachers, HLTA's, TA's, Speech Therapists, Play Therapists, Support Workers, Activity Coordinators, Storytellers, Librarians and anyone with an interest in exploring storytelling through the senses in a fun and engaging way!

## *Why **Rhyming** Multisensory Stories?*

The combination of sensory stimuli, listening to the rhyme and rhythm and the repetitive structure of the stories, supports memory and aids learning, playing a crucial role in the development of early communication language skills; joint attention, eye-contact, turn-taking, anticipation and the learning of concepts.



## *What Are The Benefits Of Multisensory Storytelling?*

Stories create a bond between the storyteller and the story explorer enhancing and enriching experiences.

The stories connect the individual to literature, culture and topic in a fun, engaging and motivating way.

They form an excellent base on which to scaffold learning, providing opportunities for the individuals to work towards personal learning goals and targets .

The activities in the stories are designed to promote:

Communication skills: eye contact, listening, shared attention and language development.

Self-confidence and well-being (trying out new ideas and skills, practicing self-care, independence and enjoying achievement.)

Self-awareness (asking for 'help', 'again' and 'more!')

Opportunities to explore cause and effect and to build anticipation skills.

Physical development (fine & gross motor skills.)

Understanding of the environment and the world around us.

Engagement in scientific experimentation and mathematical concepts.

Development of social and emotional skills: (turn-taking, sharing and teamwork).

## *Can Multisensory Stories Build Communication Skills?*

Sensory stories are an excellent motivating tool for encouraging alternative communication systems, early communication skills, Makaton, sign language and to facilitate PECS exchanges. The stories build the confidence of learners with speech impediments and communication difficulties as they have a physical (story) prop to support the words they are saying.

## *How Do I Source My Props?*

The stories and poems are fully resourced and with different options suggested for props.

The props are all low budget items that can be found around the home, garden or classroom.

You can also add your own props.

[Click to find our more.](#)

## *How Do I Tell A Multisensory Story?*

The stories are fully resourced, step-by-step guides making them easy to follow.

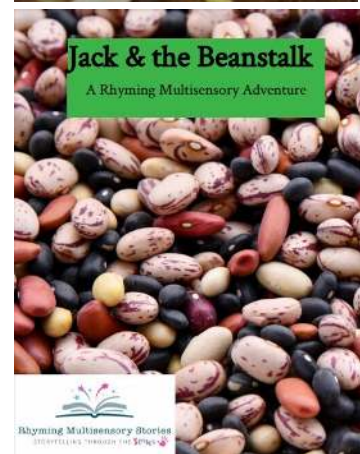
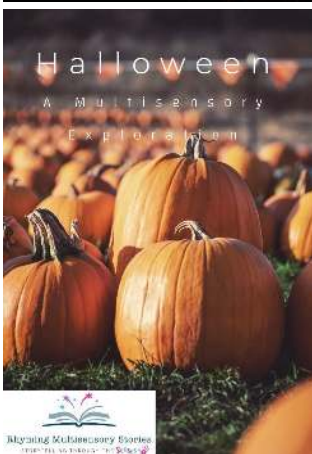
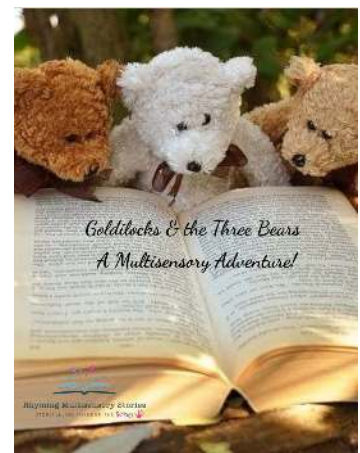
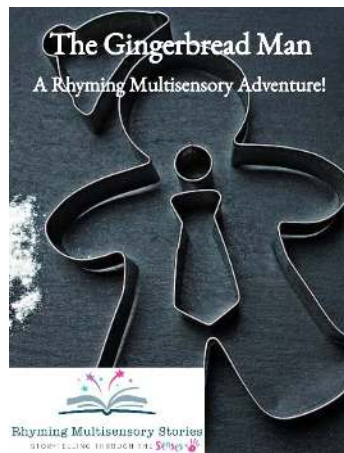
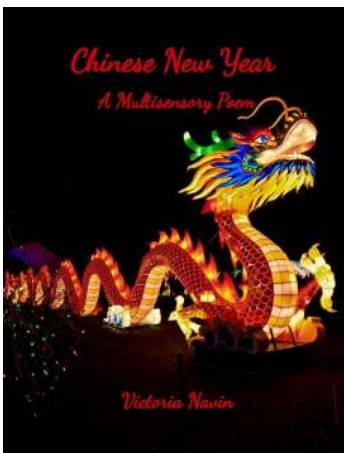
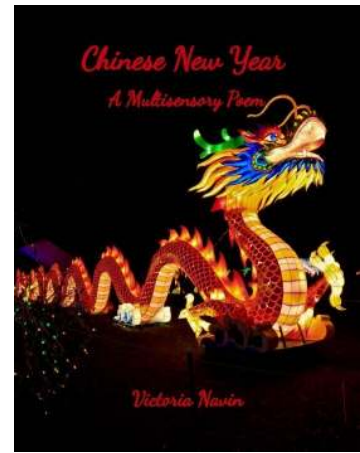
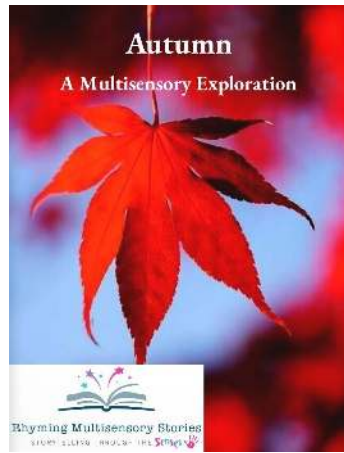
[Click to find out more.](#)

## *Anything Else I Need to Know*

The [website](#) is packed with sensory ideas and inspiration and there is a [Story Library](#) with free resources to download.

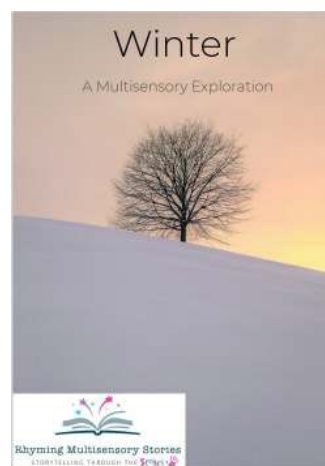
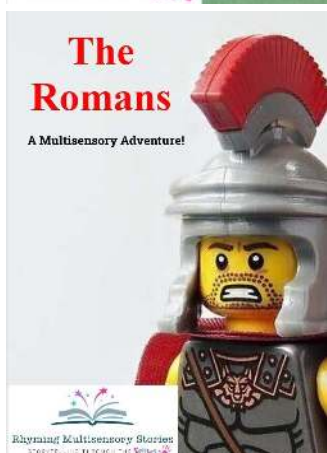
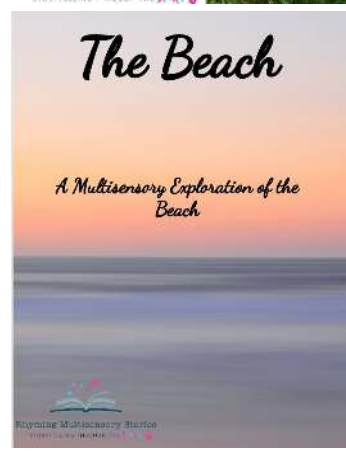
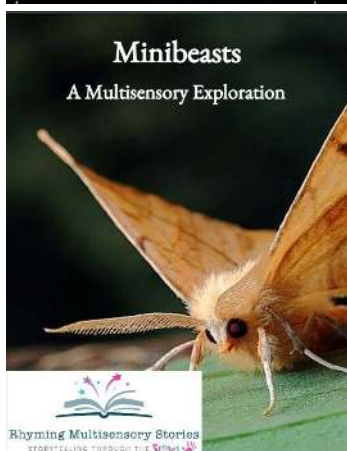
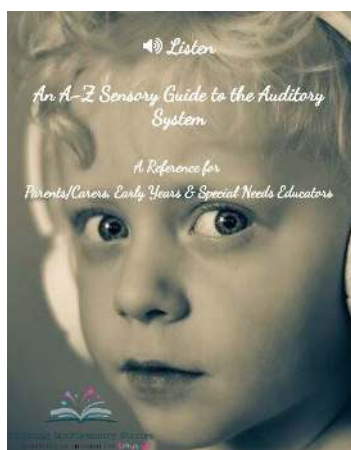
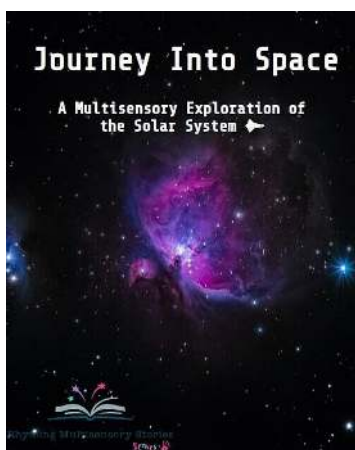
Visit the [Blog](#) to keep up to date with the latest news, views, guest blogs and for your FREE monthly teaching calendar packed with ideas:)

# Other Titles in this Series



Stories are £3.98 each  
Visit the [Etsy Shop](#)  
or buy direct from [Rhyming Multisensory Stories](#)

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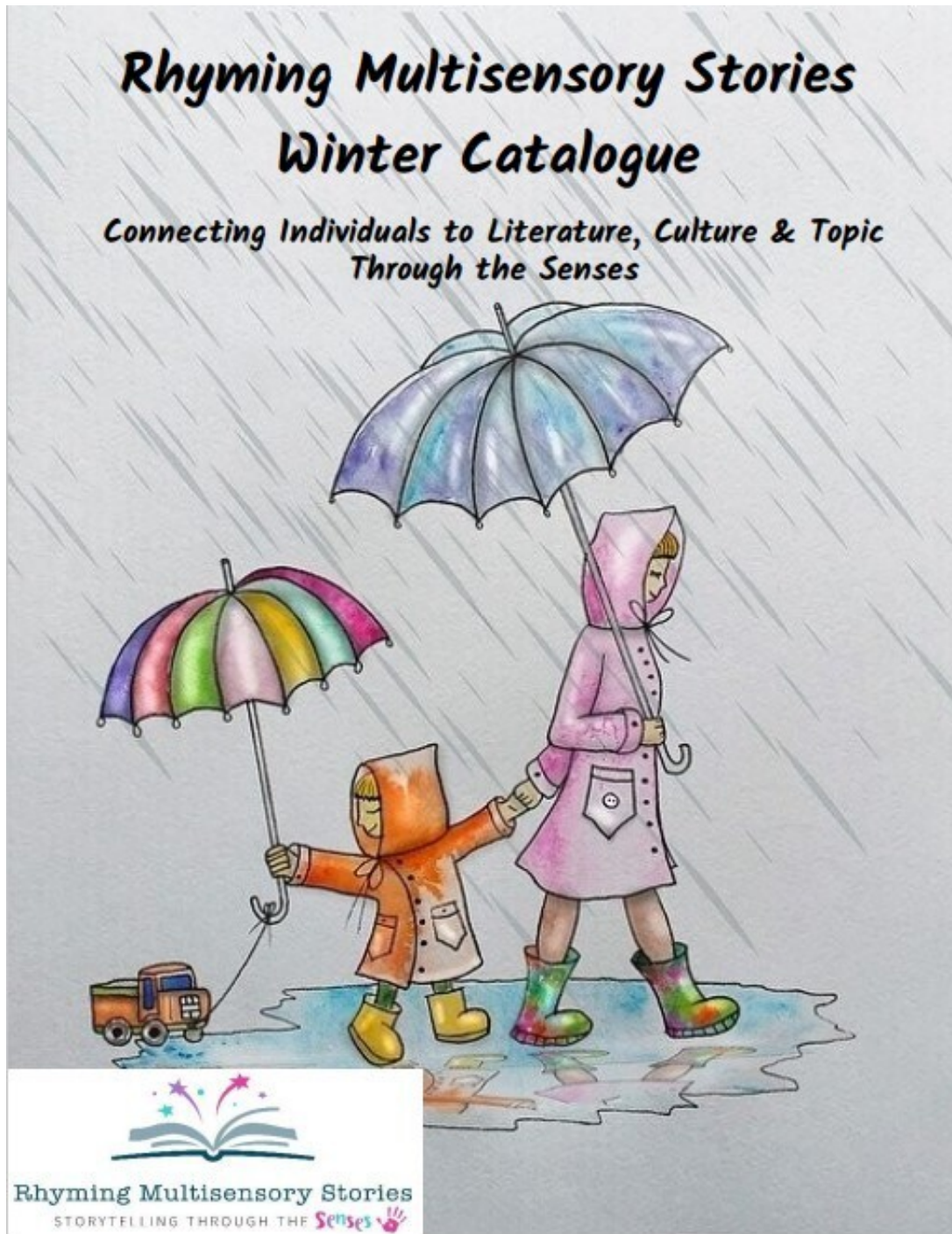
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## Rhyming Multisensory Stories

STORYTELLING THROUGH THE **Senses** 

Your question, queries, comments and feedback are always welcome!

Website: [www.rhymingmultisensorystories.com](http://www.rhymingmultisensorystories.com)

email: [rhymingmultisensorystories@outlook.com](mailto:rhymingmultisensorystories@outlook.com)

Facebook Page: [storytellingthroughthesenses](https://www.facebook.com/storytellingthroughthesenses)

Facebook: [Victoria Navin RMSS](https://www.facebook.com/VictoriaNavinRMSS)

Twitter: [@RhymingStories](https://twitter.com/RhymingStories)

LinkedIn: [Rhyming Multisensory Stories](https://www.linkedin.com/company/rhyming-multisensory-stories)

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Tumblr: [rhymingmultisensorystories](https://www.tumblr.com/rhymingmultisensorystories)

YouTube: [Rhyming Multisensory Stories](https://www.youtube.com/channel/UCRyMingMultisensoryStories)

Etsy: [MultisensoryStories](https://www.etsy.com/shop/MultisensoryStories)

Reddit: [sensorystories](https://www.reddit.com/r/sensorystories)

MySpace: [Rhyming Multisensory Stories](https://www.myspace.com/RhymingMultisensoryStories)

# *Washing Hands*

## *Helping Individuals with their Hand Hygiene*

*Help young children and individuals with special educational needs with their hand washing hygiene with this fully resourced, step by step, rhyming multisensory poem & themed extension activities.*

*Multisensory stories tell a story through the senses in a fun and engaging way using props. The stories are adapted to suit a range of abilities from curious preschoolers to teenagers with complex needs.*

### *Rhyming Multisensory Stories*

*Connecting individuals to literature, culture and topics in a way that is meaningful to their lives!*

*For more stories, poems, ideas and inspiration visit the website:*

*[www.rhymingmultisensorystories.com](http://www.rhymingmultisensorystories.com)*