

Washing Hands

Helping Individuals With Their Hand Hygiene During the Covid-19 Pandemic



Health & Safety Disclaimer

Washing Hands - A Rhyming Multisensory Poem Copyright © Victoria Navin 2020 All Rights Reserved.

⚠ 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 book you are taking full responsibility for your actions. If you are in any doubt regarding undertaking any activity or using a prop then seek advice before starting.

⚠ The extension activities are not advisable for children under the age of 3.

⚠ 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 story participant 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 participator, who from now on, for ease of reading, I will refer to as the 'learner'

✎ Set out your resources where they are easily accessible to you but out of reach and sight of the learner.

✎ Place the first story prop into the story bag.

✎ The story 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 learner time to engage their senses exploring the prop and to process the sensory experience. This will give you plenty of time to place the next prop into the story bag.

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

✎ Work through the story at the learner's pace. It should be a relaxing and enjoyable experience for you both. You do not have to complete the story in one sitting. You can explore one or two sentences adding to the story in the next sitting. It may take several sessions to complete the story.

✎ Repetition is the key! The more exposure the learner has to the story, the more familiar they will become with it.

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

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 individual a breakdown of the steps to washing your hands.



Washing 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 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!

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 learner copies your actions.

💡 If individuals need a motivator, try adding a little glitter onto their hands to wash off or give them a small plastic toy to wash in the sink)



Washing Hands - 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 individual 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)



Washing Hands - 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 learner 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 individual 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 individual copies your actions.

Drawn the learner's 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 individual 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



Washing Your Hands Visual Schedule - Rhyming Multisensory Stories Created using Boardmaker Online

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



Soapy-Doh

Soapy-doh ⚠️ is a soft mouldable dough made with soap so children are cleaning their hands as they play!

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.



What is a Multisensory Story?

A multisensory story immerses the listener by telling 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?

Multisensory stories are aimed at individuals with special educational needs and learning disabilities from curious preschoolers to teenagers with complex needs. The stories form an excellent base on which to scaffold learning providing opportunities for the individual to work towards their personal learning goals and targets. The stories are also suitable for dementia patients in residential settings.

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?

Storytelling builds a bond between the storyteller and the listener, enhancing well-being and enriching experiences. Exposure to sensory stimuli allows the listener to engage with new experiences to calm and alert the sensory system in a safe, therapeutic environment and use their senses to understand the world around them.

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.

I Have a Question!

Get in Touch!

Website: www.rhymingmultisensorystories.com

email: rhymingmultisensorystories@outlook.com

Facebook: www.facebook.com/storytellingthroughthesenses

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

Pinterest: <https://www.pinterest.co.uk/rhymingmultisensorystories/rhyming-multisensory-stories/>

Washing Hands

Helping Individuals with their Hand Hygiene During the Covid-19 Pandemic

Help young children and individuals with special educational needs with their hand washing hygiene during the Covid-19 Pandemic 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



Rhyming Multisensory Stories

STORYTELLING THROUGH THE **Senses** 