

Hand Washing Social Story

Courtesy of the Autism Research Institute

www.autism.org

<p>Sometimes my hands get dirty</p>	 <p>dirty hands</p>
<p>My hands can get dirty when I play with my toys or when I go outside</p>	 <p>toys outside</p>
<p>Clean hands help prevent spreading germs. I can help keep germs off of my body by washing my hands.</p>	 <p>clean hands prevent spreading germs to my family and friends</p>
<p>I can clean my hands with soap and water</p>	 <p>water soap</p>
<p>To clean my hands I turn on warm water and get my hands wet</p>	 <p>water on</p>
<p>Next, I need to rub soap all over my hands, wrists and in-between my fingers for 20 seconds. While I do this, I can sing a song like "Happy Birthday" two times.</p>	 <p>soapy hands, rub for 20 second</p>
<p>Then I can wash the soap off and turn off the water.</p>	 <p>wash soap off with warm water</p>
<p>Last, I dry my hands with a clean towel. Then I am finished.</p>	 <p>clean towel happy healthy</p>