

# Activities for keeping our hands clean

We are all trying our best to keep the children and adults we care for safe from COVID-19 at the moment and one of the main ways of doing that is to frequently wash our hands.

I have created a list of alternative ways we can use soap and water to wash our hands other than in the sink.

## A bowl with soapy water

Having a bowl set up that has soapy water in it can avoid the worry of feeling the soap on your skin if you have someone who finds this difficult.

## Singing songs while washing hands

Making hand washing a little more fun by singing a made-up hand washing song or even their favourite song.

Music is a great way to relax and engage people who may otherwise feel anxious during activities.

## Using a soapy towel

Using a towel that is soaked in water and is already soapy can be a really good way of cleaning our hands, especially if they like to fidget and feel things in their hands.



## Make the water more exciting!

Why don't you consider

- \* colouring the water
- \* using a food flavouring or different scent
- soap
- \* trying some new sponges
- \* adding toys into the water
- \* including puff balls to wash and squeeze soap through

## Other considerations

Use a timer so that there is some element of control.

If hands are feeling sore then try a different soap or use a moisturiser too.

Don't worry about drying your hands if the towel is too overwhelming for them to hold. Hands dry quickly in the air by waving them around.

Some people may find the physical body awareness difficult to do and so doing some finger waking up exercises can really help too. It could be tapping, tugging or typing as easy ways to wake up your fingers.



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