

# A Guide to Handwashing with Pingu



Color in Pingu's handwashing steps below. Then, stick it on the wall in the bathroom to be sure you wash your hands thoroughly every time!

1

Turn on the taps and place both hands under warm running water.



2

Add soap and rub your palms together, then rub the back of each hand and in between the fingers. You should scrub for at least 20 seconds – that's two verses of the 'Happy Birthday' song!



3

Now rinse all the soap off under warm running water.



4

Dry your hands on a clean towel and you are all set!

