KINDERGARTEN READINESS TIPS

Physical Well-Being
Help your child learn, grow, and thrive!

Try this book!

*Do Not Lick this Book*: It’s Full of Germs
By Idan Ben-Barak

This is the Way We Wash Our Hands
This is the way we wash our hands,
Wash our hands, wash our hands.
This is the way we wash our hands
So early in the morning!

Grown-up tips!

Songs and fingerplays are a great way for turning those difficult times of the day into an opportunity for learning and connection. Try one the next time you’re moving from one activity to another, stuck in a long line, or making sure they spend a full 20 seconds washing their hands!

Wash Your Hands
(Tune: “Row, row, row your boat”)

Wash, wash, wash your hands
Keep them nice and clean
Wash them here
(Rub your palms together)
Wash them there
(Rub the back of your hands)
And wash them in between
(Interlace your fingers and scrub)

Sing twice!