

Write your name.



Trace the word and say it aloud.

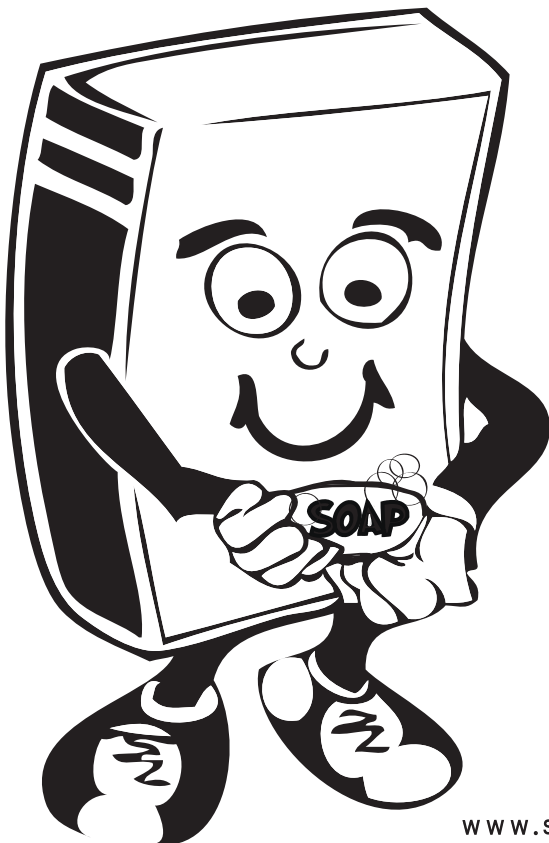
before before

Write the word 1-2 times.

Wash your hands

before

you eat.



Wash your hands with warm water for 15-20 seconds.

Sing the happy birthday or ABC song two times before rinsing with warm water.