



# Activities & Resources

The following are things you can do to make your time at home fun and interactive. You will find things to make and watch on you tube.

Take a peek at Pinterest for additional ideas.



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# How to make you own foaming soap

- What you need:

- A bottle of liquid soap
- Water
- Empty bottle with Foam pump

- Directions

- Mix 1 part liquid soap with 4 parts water
- Place cover on bottle
- Gently tip the bottle back and forth until the water is fully mixed in.
- *Do not shake.*



# How to Make Your Own Hand Sanitizer

- **What you'll need:**

- 3/4 cup of isopropyl or rubbing alcohol (70% or higher)
- 1/4 cup of aloe vera gel (to help keep your hands smooth and to counteract the harshness of alcohol)
- 10 drops of essential oil, such as lavender oil, or you can use lemon juice instead
- Empty bottle

- **Directions:**

- Pour all ingredients into a bowl, ideally one with a pouring spout like a glass measuring container.
- Mix with a spoon and then beat with a whisk to turn the sanitizer into a gel.
- Pour the ingredients into an empty bottle for easy use, and label it "hand sanitizer."



# How to make sanitizing wipes:

- **What You'll Need:**
- One-pound coffee canister with plastic lid.
- Paper towel roll.
- Sharp knife.
- 1/4 cup water.
- 1/4 cup rubbing alcohol.
- 1 teaspoon liquid dish soap.
- 10 drops essential oil (optional)

## **Directions:**

- To create the cleaning wipes, cut the paper towels in half using a sharp serrated knife, and squish them into the painted can
- Mix together the vinegar, dish soap, rubbing alcohol, and water in a small bowl.
- You can add several drops of essential oil to the wipes, which personalizes the cleaner and boosts its antibacterial powers.
- Slowly pour the liquid over the paper towels.
- Once they're saturated, carefully remove the cardboard center, and pull a paper towel from the middle.



# Fun website to add some flare to hand washing:

[www.washyourlyrics.com](http://www.washyourlyrics.com)

## Wash Your Lyrics

Generate hand washing infographics based on your favourite song lyrics 🎵

Made by William (@neoncloth)

This website wouldn't be possible without [Twinhelix](#) and [these organisations](#).

Not affiliated with the National Health Service (NHS), [cleanyourhands](#)® campaign or any government body. Stay safe and **wash your hands**

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## Old Town Road

Lil Nas X

### Hand-washing technique with soap and water



Create your own  
<https://washyourlyrics.com>

Old Town Road  
Lil Nas X



# Videos to support handwashing:

- \*You can find these videos and more at YouTube:
- [https://www.youtube.com/watch?v=whbxepmMNB\\_E](https://www.youtube.com/watch?v=whbxepmMNB_E) – Germs
- <https://www.youtube.com/watch?v=TGddyTW5eMc> – Hand washing song and dance to Gangnam Style song
- [https://www.youtube.com/watch?v=0Tao33mBRV\\_k](https://www.youtube.com/watch?v=0Tao33mBRV_k) – Hand washing rap
- <https://www.youtube.com/watch?v=YBGsoimPXZg> – Science behind why we wash our hands
- <https://www.youtube.com/watch?v=3PmVJQUcm4E> – How to wash your hands properly
- <https://www.youtube.com/watch?v=OxOJ7hh3H-I> – Hand washing parody to the Beatles song Come Together
- <https://www.youtube.com/watch?v=-gfOHEaHdjo> – Hand washing song done to different hit songs
- <https://www.youtube.com/watch?v=uMbCZfb5k3M> – Cartoon on why we wash our hands
- <https://www.youtube.com/watch?v=NoxdS4eXy18&feature=youtu.be> – Cartoon on how to wash your hands
- <https://www.youtube.com/watch?v=eZw4Ga3jg3E&feature=youtu.be> – Proper hand washing technique