

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.



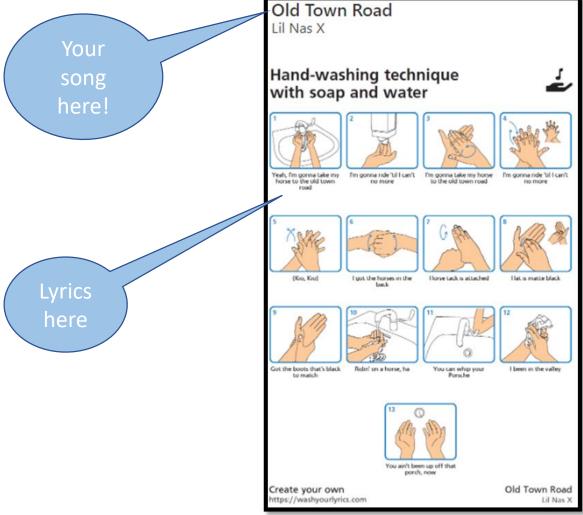




Fun website to add some flare to hand washing:

www.washyourlyrics.com

All you need is the song title and artist. Type it in below poster	and press Generate to instantly generate your
Content Type	
Song	Custom
Song Title	
Song Artist	
☐ The lyrics for this song contains Diacritics	
Poster Type	
Soap	Gel
Gene	rate
By pressing "Generate" you agree to our Terms of Service & Privacy Policy	
	Song Title Song Artist The lyrics for this song contains Diacritics Poster Type



Videos to support handwashing:

- *You can find these videos and more at YouTube:
- https://www.youtube.com/watch?v=whbxePmMNbE Germs
- https://www.youtube.com/watch?v=TGddyTW5eMc Hand washing song and dance to Gangnam Style song
- https://www.youtube.com/watch?v=0Tao33mBRVk 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 Beetles 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