

*Dear Family,*

**In my class today** we learned the importance of keeping ourselves clean.

**Did You Know?**

- Germs are very small and we cannot see them. Throughout each day, children touch and encounter many, many things - toys, playground equipment, dirt, grocery carts, door handles, diapers, toilets, other children. Young children experience the world with their whole body, not just their hands. Children expose their hands, arms, legs, feet, face, hair, and clothing to dirt and germs throughout the day. Washing our bodies is the best way to keep germs from spreading. Many people focus on washing their hands, but, for young children, washing their bodies is equally important.
- We should wash our hands frequently throughout the day to remove germs so that we do not get sick or make others sick. We should also wash our bodies daily to remove germs and dirt from our body. When we remove germs and dirt from our bodies with soap and water, the germs cannot make us sick.

**Ask Your Child:**

- What did you learn about today about washing hands?
- Tell me why people should wash their hands.
- When should we wash our hands?
- How do you wash your hands? Can you show me?
- Why do people wash their bodies?
- When do you wash your body?
- What do you use to wash your body?

**Activities To Do With Your Child:**

- Your child made his or her own bubble bath soap at school. We used simple and safe ingredients (Castile soap and glycerin). Let your child take a bath using the bubble bath soap that we made.
- We use lots of different things to keep ourselves clean and to protect ourselves from germs. Take a walk through your home together and look for different things that you use to keep clean. Do you have shampoo, soap, body wash, hand sanitizer? Let your child draw some pictures of these items. Write the names of each item underneath the picture and send the picture to school.

**Vocabulary To Use With Your Child:** dirt, germs, soap, wash, clean, bubble