

Celebrate Elmo's Birthday!



Healthy Handwashing Habits

Elmo knows he needs to wash his hands before he has birthday cake! To help Elmo remember how long he needs to wash his hands for, he sings "Happy Birthday to Elmo." Grown-ups, use this calendar to encourage healthy handwashing. Every time your child washes their hands, have them color in a bar of soap. If they score at least twenty bars of soap in the week, reward them with a prize!



WHEN should we wash our hands?

- After blowing your nose, coughing, or sneezing
- Before eating a snack or meal
- After playing with toys or playing outside
- After using the bathroom
- After touching animals or pets
- Before and after visiting a friend or family member

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
soap / soap	soap / soap	soap / soap	soap / soap	soap / soap	soap / soap	soap / soap
soap / soap	soap / soap	soap / soap	soap / soap	soap / soap	soap / soap	soap / soap
soap / soap	soap / soap	soap / soap	soap / soap	soap / soap	soap / soap	soap / soap