Level 1 · Emerging

Name: _____

# Washing My Hands

## 1 Circle the picture that matches the word.

### Add soap





### Rinse your hands





### Dry your hands





Level 1 · Emerging

Name: _____

# Washing My Hands

## 2 Trace the words.



add soap



scrub your hands



dry your hands

## 3 Cut and glue. What comes first, next, last?

1 First

2 Next

3 Last

✂ Cut on the dashed lines.







Level 2 · Developing

Name: _____

# Washing My Hands

## 1 Number the pictures in order. Write 1 to 7.


☐


☐


☐


☐


☐


☐


☐

## 2 What comes next? Circle the picture.


→ ?






→ ?





Level 2 · Developing

Name: _____

# Washing My Hands

## 3 Match the picture to the word. Draw a line.



- Turn on the water



- Add soap



- Scrub your hands



- Dry your hands

## 4 Fill in the missing word.

**Word bank: dry · wet · add**

I _____ my hands with water.

I _____ some soap.

I _____ my hands with a towel.

Level 3 · Applying

Name: _____



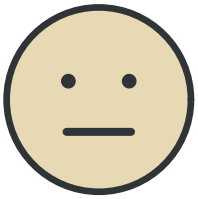
# Washing My Hands

## 1 How I wash my hands. Draw or write 4 steps.

| | |
|---|---|
| 1 _____ | 2 _____ |
| 3 _____ | 4 _____ |

## 2 How did washing my hands feel? Circle one.

 Easy

 OK

 Hard

Level 3 · Applying

Name: _____

# Washing My Hands

## 3 What do I do if...? Circle a good idea.

### The water feels too hot or cold.



Ask a grown-up



Take a deep breath

I can: _____

### I want to stop scrubbing too soon.



Count slowly to 20



Look at my steps

I can: _____

## 4 My hand-washing checklist. Tick each step.



Turn on the water ☐



Wet your hands ☐



Add soap ☐



Scrub your hands ☐



Rinse your hands ☐



Turn off the water ☐



Dry your hands ☐



# Answers & tips for grown-ups

## Answers

- Level 1, part 1 (circle): Add soap; Rinse your hands; Dry your hands.
- Level 1, part 3 (cut and glue): 1 wet your hands, 2 scrub your hands, 3 dry your hands.
- Level 2, part 1 (number), left to right: 5, 1, 7, 3 / 6, 2, 4.
- Level 2, part 2 (what comes next): add soap; turn off the water.
- Level 2, part 3 (match): each picture goes with its own step - picture 1: Scrub your hands, picture 2: Turn on the water, picture 3: Dry your hands, picture 4: Add soap.
- Level 2, part 4 (fill in): wet, add, dry.
- Level 3: there are no wrong answers. Praise any safe, calm idea.

## Tips

- Pick one level. Start with the easiest one, and stop while it is still fun.
- Read every word aloud. Point to each picture as you say it.
- Give extra time. Wait quietly before you help.
- Cutting and gluing can be done hand-over-hand or by a grown-up.
- Your child's real routine matters most. Change the order to match your home.
- Use the H5P games and audio on autistichub.com for more practice.