

# Messy Play and Hand Washing

Hume Valley School Occupational Therapy Department

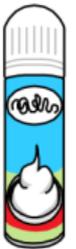
The focus of today's session is messy play and washing hands.

## 1. Regulation Activity- messy play:

This activity is a fun and interesting way to calm our bodies down. If you do not like getting your hands messy you can choose to repeat a regulation activity from a previous session instead.

### WHAT YOU NEED:

- Messy feeling ingredients- CHOOSE 1 (any of these will work):
  - Shaving cream
  - Whipped cream (canned whipped cream works well)
  - Finger paints. You can make your own using this recipe:  
<https://www.youtube.com/watch?v=s81qklrF9jc>
  - Slime
- Optional: a tub/tray/container to stop your table from getting messy, paper, food colouring, small toys to play with



### ACTIVITY:



Make sure you have a large, clear area to work on.

1. Put some of your chosen messy ingredient on the table (or the tray/tub if you are using it).
2. Use your fingers and hands to spread it around. You can use your fingers to draw shapes/pictures.
3. If you want to add some more fun try adding a few drops of food colouring to the shaving foam/cream and swirl the colour around.
4. You can press some paper down on your swirly foam and then hang it up to dry if you want to make some artwork with it. If you are using finger paints you can paint straight onto the paper.
5. You can also use small toys (eg. small plastic figurines) and play.

When you have finished you will need to wash your hands (see activity 2). You might need to ask for some help to clean up the ingredients when you have finished

Suggested time: 5-10 minutes (more if this is an enjoyable activity which helps you to relax)

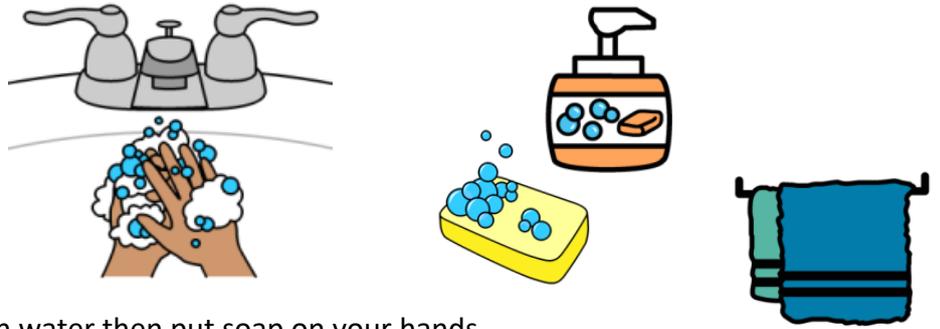


## 2. *Washing Hands:*

This activity cleans your hands after messy play and focuses on helping you to check if you are washing your hands enough.

### WHAT YOU NEED:

- Water (warm is best)
- Soap
- A towel to dry your hands



### ACTIVITY:

1. Wet your hands all over with water then put soap on your hands
2. Rub the front and backs of your hands and in between all of your fingers until the soap bubbles are all over your hands. Don't forget to scrub under your fingernails as well!
3. Keep rubbing for at least 20 seconds! Try singing some songs from the video links below or make up your own!
4. Rinse off the soap bubbles
5. Dry your hands

To see how long 20 seconds is you can try watching this video:

[https://www.youtube.com/watch?v=D\\_57XpcbpBc](https://www.youtube.com/watch?v=D_57XpcbpBc)

Or to watch a baby shark song with prompts for hand washing try this one:

<https://www.youtube.com/watch?v=ATcQO527FF4>



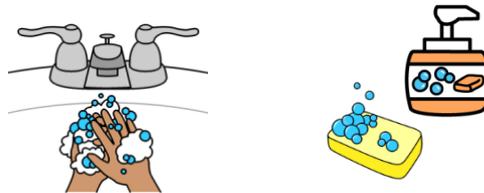
Suggested time: 3 minutes

## 3. *Washing Hands Experiment:*

This activity also focuses on helping you to check if you are washing your hands enough

### WHAT YOU NEED:

- Water (warm is best)
- Soap
- A towel to dry your hands
- Something oily or slippery to put on your hands (enough to make your hands feel slippery):
  - Cooking oil
  - Moisturising lotion



### ACTIVITY:

1. Cover your hands with the oil or lotion.
2. Wash your hands like you did in activity 2 but only for 5 seconds
3. Rinse your hands off and see if they are clean. (they should still feel slimy)
4. Now put more soap on your hands and rub all over your hands for another 15-20 seconds
5. Your hands should be clean!
6. Dry your hands

If we don't wash our hands for long enough germs can still stay on our hands just like the oil did.

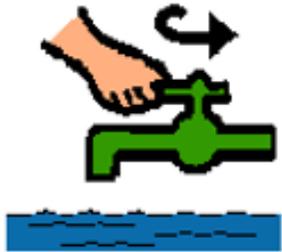
Suggested time: 3 minutes

You can also look at this video for another experiment to see why washing hands with soap is so important: <https://www.youtube.com/watch?v=DnMYf6aROc4>

wash hands



turn on



get soap



wash hands



turn off



dry hands

