

Washing My Hands

A free printable social story for ages 3-7

Hand washing is one of the first self-care routines children can fully master, and a predictable sequence makes it stick. Use this story at home or in preschool and early-elementary classrooms, especially with children who rush the steps or resist the sensory feel of soap and water. It doubles as a hygiene lesson during cold and flu season.

I wash my hands many times each day.

I wash before eating, after using the toilet, and after playing outside.

Washing my hands takes away germs I cannot see.

Germs are tiny things that can make people sick.

First, I turn on the water and get my hands wet.

Next, I put soap on my hands.

I rub my hands together to make bubbles.

I scrub the tops, the palms, and between my fingers.

I can sing a song, like the ABC song, while I scrub.

Then I rinse the bubbles away and turn off the water.

Last, I dry my hands with a towel.

Clean hands help keep me and my friends healthy.

I know how to wash my hands all by myself.

Tips for Reading This Story Together

- Post a simple picture sequence of the steps at your child's eye level next to the sink.
- Pick one consistent scrubbing song so the timing is built into the routine automatically.
- If soap texture or water temperature bothers your child, experiment with foam soap and let them set the water themselves.
- Use a step stool and reachable towel so every step can genuinely be done independently.

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