

KINDERGARTEN READINESS TIPS

Physical Well-Being

Help your child learn, grow, and thrive!



Try this book!

[*Do Not Lick this Book*:
It's Full of Germs*](#)
By Idan Ben-Barak

Do not lick
this book*

IDAN BEN-BARAK and JULIA PROFF

Grown-up tips!

Songs and fingerplays are a great way for turning those difficult times of the day into an opportunity for learning and connection. Try one the next time you're moving from one activity to another, stuck in a long line, or making sure they spend a full 20 seconds washing their hands!

This is the Way We Wash Our Hands

This is the way we wash our hands,
Wash our hands, wash our hands.
This is the way we wash our hands
So early in the morning!

Interested in reading more? Take a look at this!

Scan the code using your mobile device to access Bookflix, video storybooks paired with related nonfiction ebooks.



Wash Your Hands

(Tune: "Row, row, row your boat")

Wash, wash, wash your hands
Keep them nice and clean
Wash them here
(Rub your palms together)
Wash them there
(Rub the back of your hands)
And wash them in between
(Interlace your fingers and scrub)

Sing twice!



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