Keenfolds

FREE PRINTABLE · AGES 5–8

Wash-Up Routine Chart

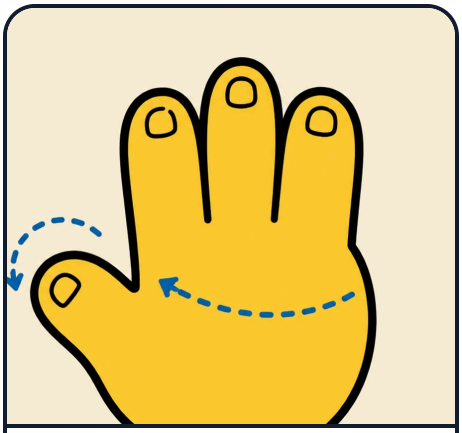


Tape it by the sink, at your child's eye level. Say the 3 words, do the 3 moves.



1 Lather

Soap on. Rub your palms in slow circles until you see bubbles.



2 Scrub

Backs of hands, between the fingers, thumbs and nails. Wiggle your fingers through each other.



3 Rinse

Let the water carry the bubbles away. Flick the drips into the sink.

Lather. Scrub. Rinse.

Scrub while you hum "Happy Birthday" twice

✂ ages 7–8: tick a box each time you do all 3 steps

When	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Before breakfast							
After playing outside							
After the bathroom							
Before dinner							
Bedtime (teeth too!)							

Grown-ups: teach it on a calm day, not right before dinner. In the rush, say only the 3 words. Full 5-day plan at keenfolds.com/how-to-teach-kids-self-care/

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