

3-D Hand Washing Mobile

A fun way to make hand washing part of your child's daily routine.

Instructions

For each mobile, you will need to print one complete set of pages. Each mobile is comprised of seven pages, including one page of instructions.

THINGS YOU WILL NEED:

- Glue or a glue stick
- Scissors
- Crayons, markers, or colored pencils
- String or yarn
- Hole punch

PRINT

Print a complete set of mobile pages.

COLOR

Using the crayons, markers, or colored pencils, color the animal friends.

GLUE

- Glue the page labeled "Octopus A Front" to page labeled "Octopus A Back," printed sides facing out.
- Glue the page labeled "Octopus B Front" to page labeled "Octopus B Back," printed sides facing out.
- Glue the page labeled "Animals Front" to the page labeled "Animals Back," printed sides facing out.
- Let all the pages dry.

CUT

CAREFULLY cut out the Octopus and his animal friends along the center of the heavy black outlines. Adult supervision is recommended when using scissors.

HOLE PUNCH

Use the hole punch to punch holes on each animal. Punch through each place marked by a circled X.

- Octopus A 4 holes
- Octopus B 2 holes
- Animals 1 hole each

CUT AGAIN

- Carefully cut along the dotted line to create Slit A on Octopus A.
- Carefully cut along the dotted line to create Slit B on Octopus B.

INSERT

Create 3-D Octopus by sliding Slit B into Slit A.

TIE

Insert a length of string or yarn through the holes on the head of the Octopus – 12 inches is good! Tie a knot to make an attachment. Keep string out of reach of small children.

HANG MOBILE

Hang the mobile in a place where it can be easily seen by your child. It will be a fun, colorful hand washing reminder!

COUNT

- Help your child keep track of the number of times he or she practices proper hand washing throughout the next week. At the end of Week One, have your child write this number on the Parrot.
- Insert a length of string through the punched hole on the Parrot. Tie a knot and hang the Parrot from a tentacle on the Octopus.

REPEAT

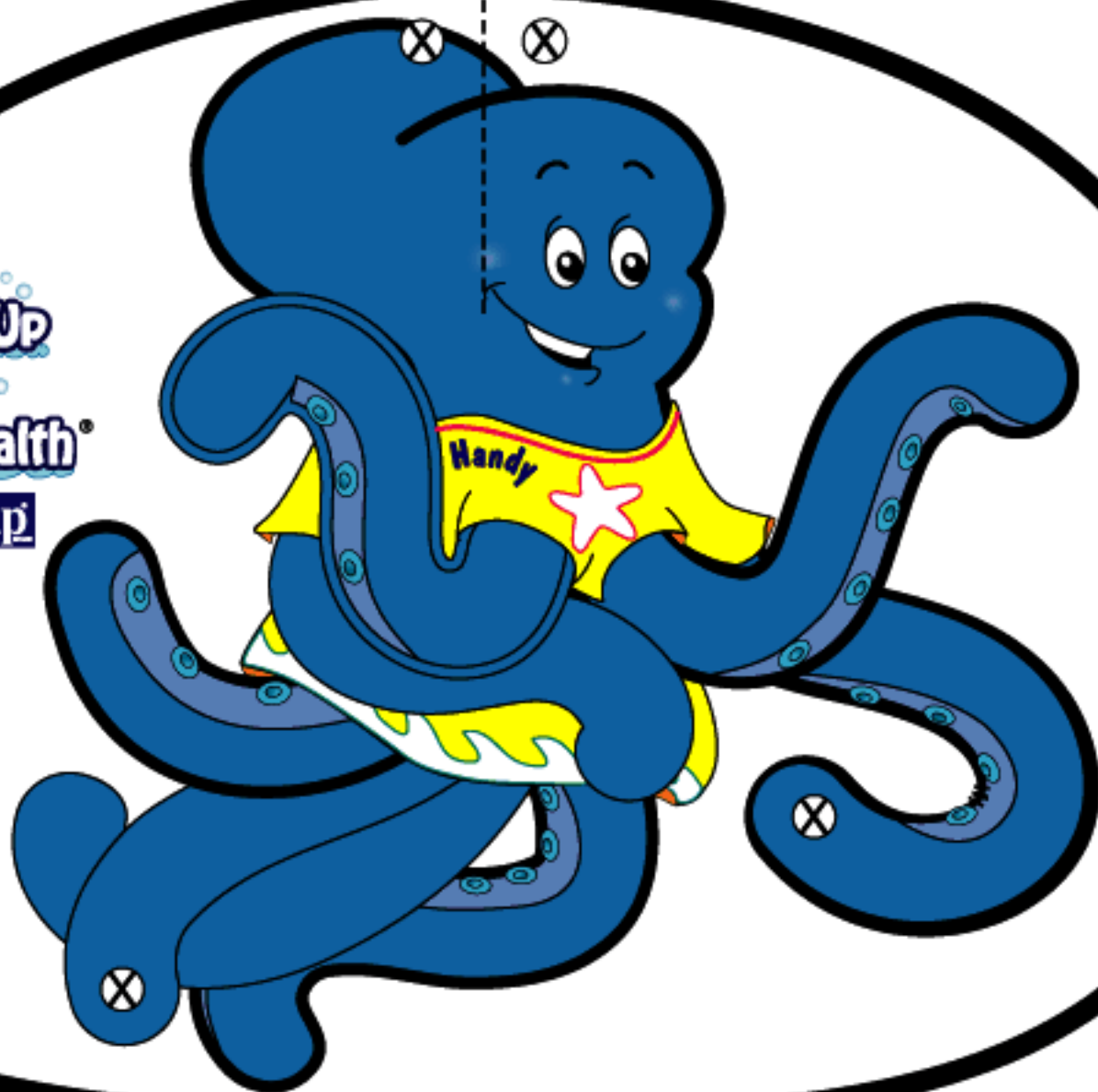
- Have your child keep count each time he or she washes his hands during the next three weeks. At the end of each week, help your child write this number on another Animal.
- Insert a length of string through the punched hole on the Animal. Tie a knot and hang the Animal from a tentacle on the Octopus.
Week 2 = Fish Week 3 = Monkey Week 4 = Seahorse

DEVELOP A HEALTHY HABIT!

Congratulations! Your child has embarked on a lifetime of proper hand washing. Keep the mobile in sight to encourage your child to maintain this healthy habit.



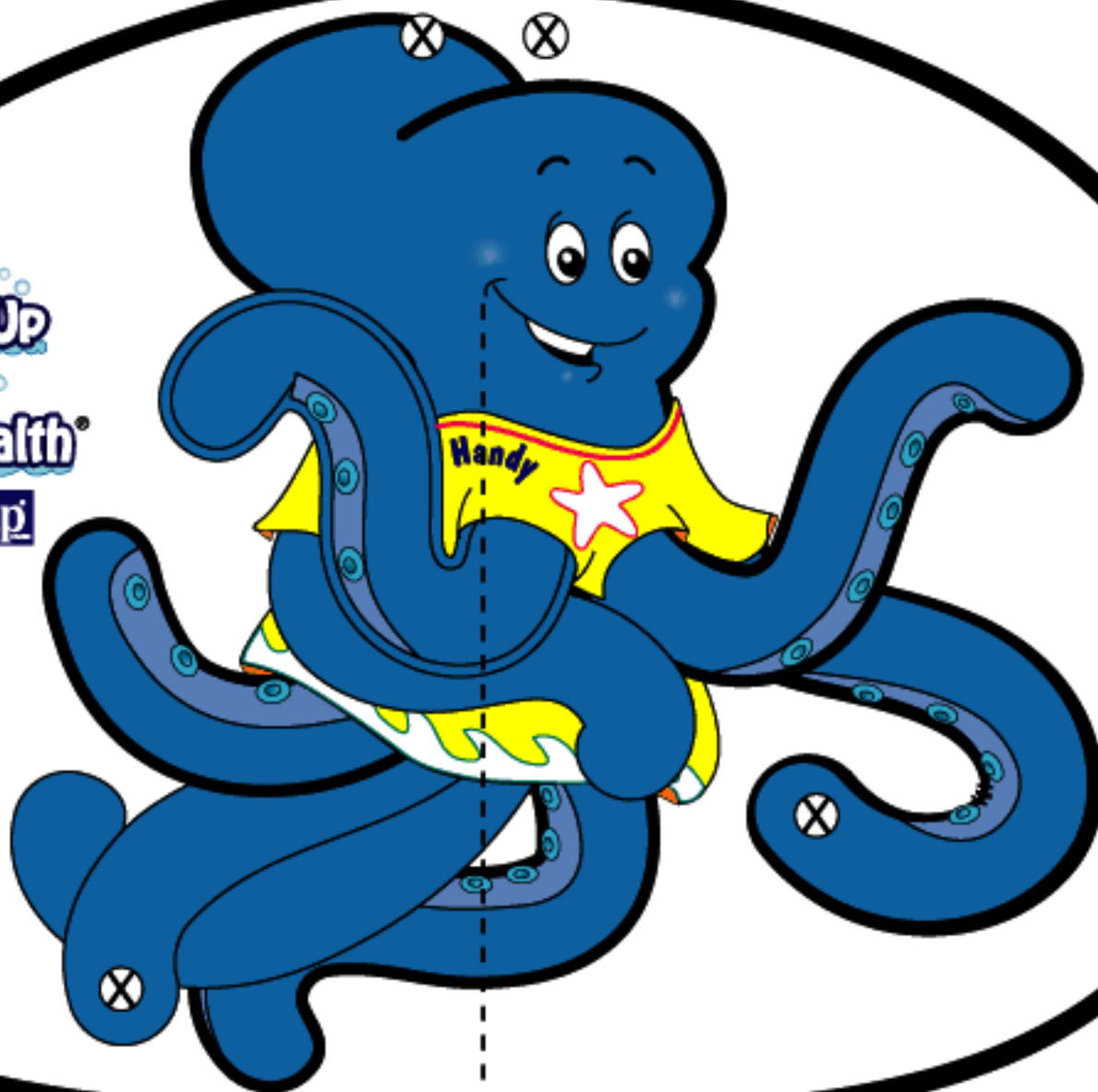
**Lather Up
For
Good Health**
Softsoap



Octopus A Back



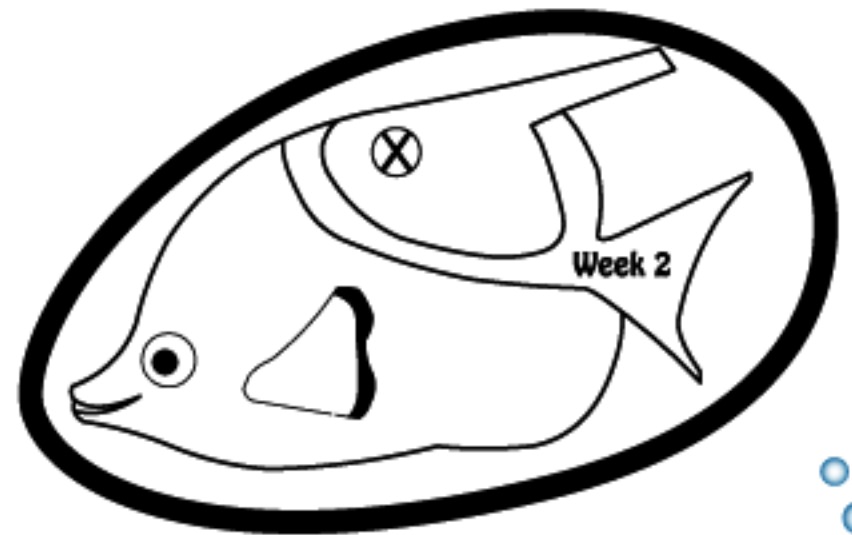
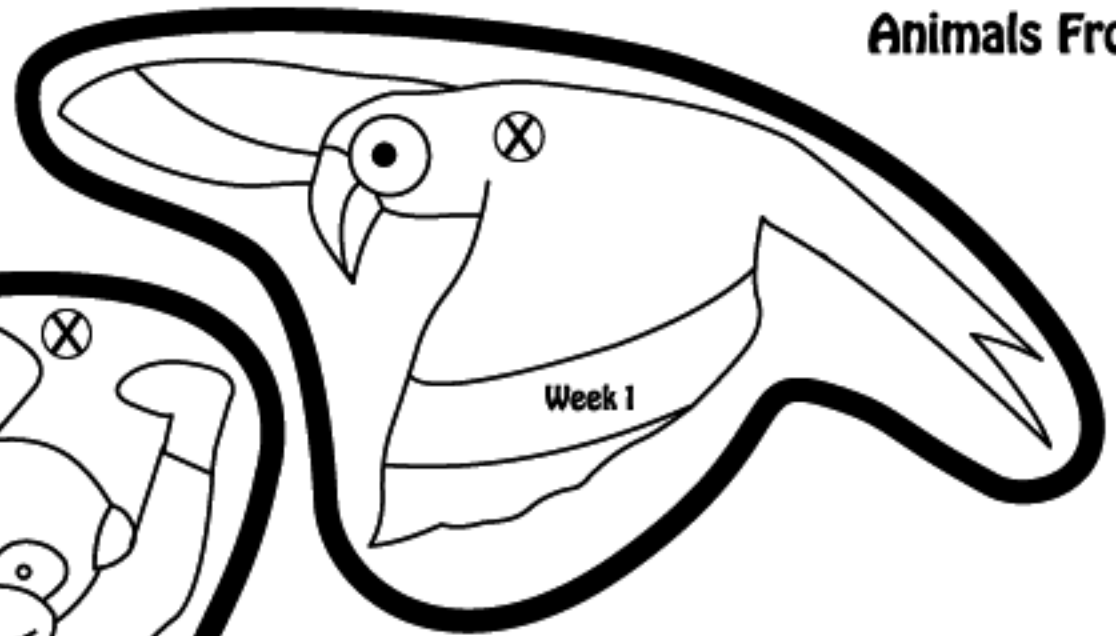
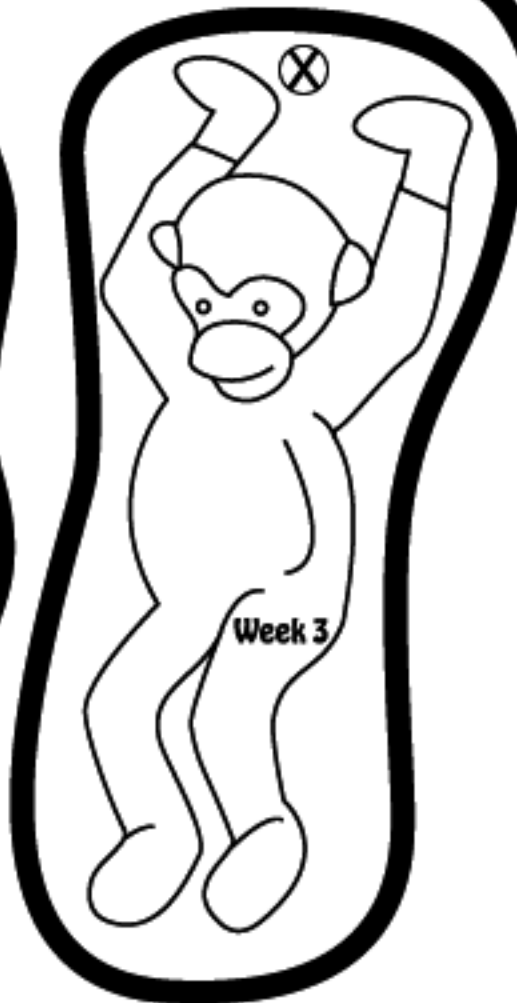
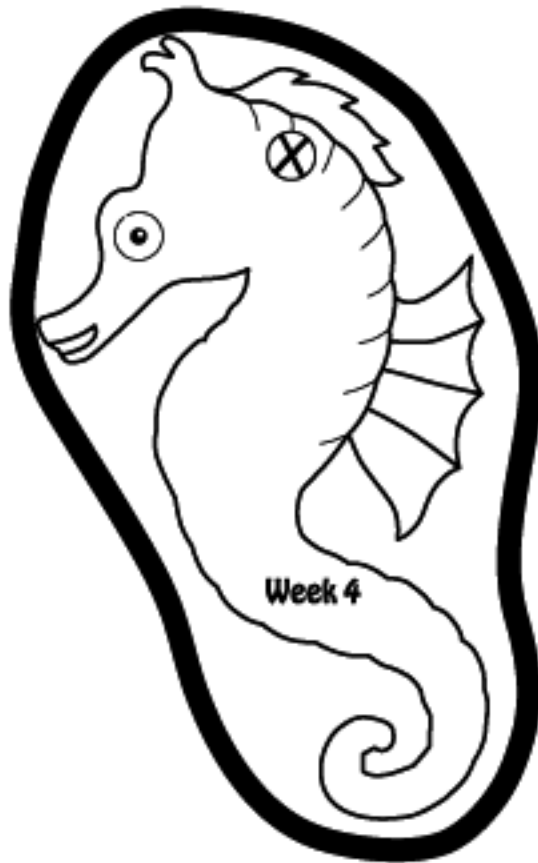
**Lather Up
For
Good Health**
Softsoap



Octopus B Back



Animals Front



Animals Back

Week 1



I washed my
hands _____ times!



I washed
my hands
_____ times!



I washed
my hands
_____ times!

Week 2



I washed my
hands _____ times!

Week 4

Week 3