Doctors say that washing your hands is one of the best ways to prevent getting sick or spreading germs to others.

- Always wash your hands with warm water and soap.
- Lather up and scrub for at least 20 seconds (sing “Happy Birthday” to yourself twice).
- Rinse your hands under running water.
- Dry your hands with a clean paper towel or under a dryer.
- It’s a good idea to wash your hands before preparing or eating food, sneezing or coughing, or after shaking hands, or handling raw meat.

With your counselor or leader, complete the handshaking activity to see how quickly germs can spread.

**Share**
What things do you do every day to have good grooming habits?

**Process**
How do good grooming habits keep you and others healthy?

**Generalize**
How can the way you look, feel, and smell affect how you do in school, work, or play?

**Apply**
How can having good grooming habits help you in other areas of your life?