

# Hand health activity pack



Working hand-in-hand with





**As children return to school, and slowly other things begin to reopen, keeping up good handwashing habits will be vital to stay healthy.**

But in the excitement of seeing friends and having more freedom, it will be easy for children to forget: why is handwashing important, how does it work, and why does washing our hands end up making our skin dry?

Thanks to the British Skin Foundation, the Skin Superheroes are here to help. This pack contains a range of fun activities to take them through these questions, creating some crafts along the way.

## Understanding Eczema

Eczema is a common skin condition that leaves skin red, flaky and itchy. It can appear anywhere on the body and 1 in 5 children will experience it at some point.

Mild eczema can usually be treated with simple moisturisers applied regularly throughout the day. It's important to look for products that are non-fragranced as they are kinder to the skin. Always check with a doctor or dermatologist who will be able to help choose the best moisturisers and treatments for you.

For more information visit  
[britishskinfoundation.org.uk/eczema](https://britishskinfoundation.org.uk/eczema)



# Meet the Skin Superheroes

Colour in the Skin Superheroes below to bring them to life!

## The inseparable Soap & Water

The dynamic duo that is Soap & Water are key when it comes to keeping ourselves and our families healthy.

Washing hands with soap and water regularly, in line with government guidelines, is important to keep our hands clean and stop the spread of germs. Unfortunately, soap and water can also dry out the skin, causing it to become cracked and sore – especially if you have a skin condition like eczema.

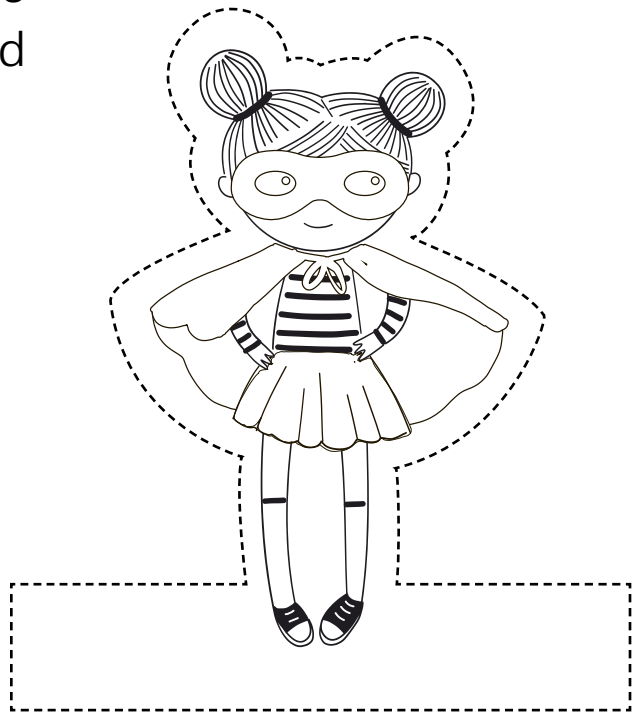


## The all important Miss Moisturiser

Miss Moisturiser is essential when it comes to keeping our hands soft and healthy. By getting into the habit of using a non-fragranced moisturiser you will be helping to keep the skin barrier in great shape, avoiding dry, cracked and painful hands.

Keep a moisturiser by the sink to remind you to use it after you have washed your hands. If you are out and about or in school, keep a moisturiser with you in your bag.

Colour in the Skin Superheroes  
and then cut around the dotted  
lines to create your very own  
finger puppets.





# How does soap work?

Washing our hands with soap and water regularly throughout the day is one of the best ways we can protect ourselves and other people against coronavirus.

It might be hard to imagine what the coronavirus looks like, because we can't see it, but it is made up of lots of tiny little particles which look like round balls. The outside of the virus ball is very sticky and can stick to our hands, almost as tightly as if it were stuck on with glue. If we then touch our face or other people, we can catch or pass on the coronavirus. Soap is really good at washing away the glue on the outside of the coronavirus, and it's much better than just washing our hands with water by itself.



# Soap Rainbows

This easy experiment is a great way to visualise how soap works (and make some magical rainbow patterns along the way).

## Equipment list

Milk (either whole or semi-skimmed)

Food colouring  
(the more colors the better)

Washing-up liquid

Shallow dish or plate

## Instructions

### Step 1

Pour some milk into a shallow dish or plate until the milk covers the bottom.

### Step 2

Add some drops of food colouring on the milk. You can use a variety of colors, just be sure to add 3-4 drops of each colour.

### Step 3

Add a drop of dish soap into the center of the milk.

### Step 4

Watch as the colours dance across the surface of the milk as if they have a life of their own.



# The Pepper Trick

This simple experiment shows you really quickly just how soap takes dirt germs away.

## Equipment list

Water

Ground black pepper

Washing-up liquid

Shallow dish or plate

## Instructions

### Step 1

Pour some water into a shallow dish or plate until the water covers the bottom.

### Step 2

Sprinkle the pepper so that it covers the surface of the water. If you dip your fingertip in, you might get some pepper stuck to your finger, but nothing else really happens.

### Step 3

Wipe a tiny amount of washing-up liquid onto the end of your finger, and then try dipping your finger into the water again.

### Step 4

Watch the pepper shoot away from your finger, as the soap breaks down the surface tension of the water, and carries the pepper away with it.

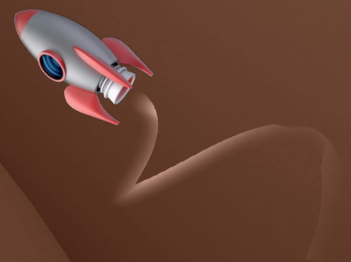




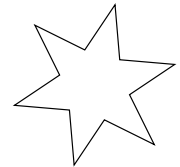
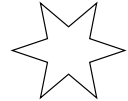
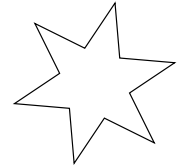
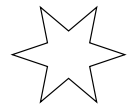
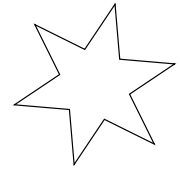
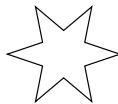
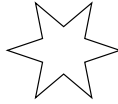
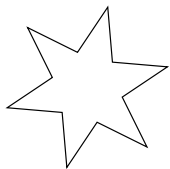
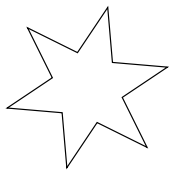
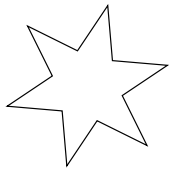
# Why are my hands sore?

Soap is great at washing away the glue on the outside of germs like the coronavirus, but the problem is that our skin also contains glue. Think of your skin like a brick wall, with all the different bricks held together by a special glue. When our skin is healthy, all the bricks stick together really tightly, but when the bricks start to become loose, our skin dries out and can become flaky and dry.




When we wash our hands a lot, sometimes we can dry our skin out and the skin bricks don't stick together well, meaning our skin can become red, itchy or sore. But it's important that we keep on washing our hands. Using a hand cream after we wash our hands is a great way of helping to protect our skin and keep our skin bricks healthy.



Colour in the stars on the chart below each time you wash your hands, to show you've remembered each of the Skin Superheroes!



Colour in your very own British Skin Foundation hand and show us your designs by tagging us on our social channels.

-  [facebook/BSFcharity](https://www.facebook.com/BSFcharity)
-  [instagram/BSFcharity](https://www.instagram.com/BSFcharity)
-  [twitter/BSFcharity](https://twitter.com/BSFcharity)



# Sing along



We are working hand-in-hand with Pampers to support families and children who are learning how to wash their hands and take care of their skin.

Watch our hand washing animation by visiting this link [youtu.be/uDq3ku4pBQ8](https://youtu.be/uDq3ku4pBQ8) and sing along with the lyrics below.

Let's wash  
Let's wash  
We have to wash our hands  
With water and soap  
Till the end of the song  
Let's wash  
Let's wash

Rub your hands palm to palm  
Cross your fingers a little bit  
Left and right up and down  
Never want to stop  
One fist and the other move like this  
Squeeze your thumb here and there  
Some little circles we have to do  
and then we can stop

Let's wash  
Let's wash  
We have to wash our hands  
Rinse and dry  
Clap your hands  
Well washed, well washed!





**We hope you've found this pack  
useful and enjoyable.**

To learn more about skin health, visit  
[britishskinfoundation.org.uk](http://britishskinfoundation.org.uk)