Clean hands, step by step

12 activities | Close-up hands | clipart



A clear picture for every step.

Follow each handwashing step with support as needed. Rub all hand surfaces with soap for at least 20 seconds in total, then rinse and dry.

01 My handwashing sequence

A numbered overview of all twelve steps.

02 Handwashing activity cards

Twelve clipart images showing hands up close.

03 Make it yours

Six blank cards for real photos, drawings or words.

04 Finished pocket + guide

A place for completed cards, with practical preparation tips.

Personal, family or single-classroom use. No resale or redistribution.

ABA BUTTERFLY

My Handwashing Steps

Rub with soap for at least 20 seconds total across steps 4-8.



1. Turn on the tap



2. Wet hands



3. Take soap



4. Rub palms together



5. Back of one hand



6. Back of other hand



7. Between fingers



8. Rub thumbs



9. Rinse hands



10. Turn off the tap



11. Dry hands



12. Paper towel in bin

Personal, family or single-classroom use. No resale or redistribution.

Handwashing Activity Cards

Close-up hands | clipart | Cards: 2.5 inches square.



1. Turn on the tap



2. Wet hands



3. Take soap



4. Rub palms together



5. Back of one hand



6. Back of other hand

Personal, family or single-classroom use. No resale or redistribution.

Handwashing Activity Cards

Close-up hands | clipart | Cards: 2.5 inches square.



7. Between fingers



8. Rub thumbs



9. Rinse hands



10. Turn off the tap



11. Dry hands



12. Paper towel in bin

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Make It Yours

Add your own photos or drawings. Write a familiar label underneath.

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Finished Pocket

Cut out the rectangle. Attach its sides and bottom to a backing sheet.

FINISHED



Keep the top edge open so completed cards can slide inside.

Prepare

Print on letter-size paper at 100%. Cut cards; laminate if desired. Place removable fasteners on the schedule and card backs if using them.

Wash thoroughly

Use clean running water and soap. Rub palms, both backs, between fingers, thumbs and fingertips/under nails for at least 20 seconds total across steps 4-8; then rinse well.

Use it together

Point to the next activity and use a short phrase. Move completed cards into the pocket or turn them over. Offer help, choices and breaks.

Adapt to your setting

Use comfortable water temperature and offer help or breaks. Dry with a clean cloth towel or paper towel. Only paper towel goes in the bin; keep cloth towels for washing.

Guidance: CDC, About Handwashing (accessed November 4, 2026).
https://www.cdc.gov/clean-hands/about/

Adult preparation: use support around taps and small cut-out pieces as needed.

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