



Numbers in the Soap

Counting While Washing Hands

Beginner: As you wash your hands together, use your fingers to count. Try this by raising or lowering one finger at a time.

[Tip]: Count to 5 using one hand or count to 10 using both hands. Try doing this for 30 seconds, the recommended length for washing your hands. Counting to 10 three times gets you to 30!

Intermediate: As you wash your hands, use your fingers for some simple addition equations.

[Tip]: "I've washed 2 fingers on my left hand and 3 fingers on my right hand, $2 + 3 = 5$ fingers washed!"

Experienced: As you wash your hands, count up to 30 or count down from 30. Try this by counting each part of your fingers.

[Tip]: If you look closely, each finger has 3 segments, this means that you can count up to 15 on each hand or 30 with both! Counting to 30 is a recommended amount of time to wash your hands and a great way to remember to clean every part of your hands!

Why is this important? Using fingers to count and to solve addition problems improves children's addition performance and skills. And counting is a reminder for how long to wash your hands!