

## "The Two Friendly Hands!" - A Story

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TEXT	CORRESPONDING HAND GESTURES & RESPONSES
Once there was a happy hand, whose name was 'Hand'. This hand led a simple life. He kept himself physically fit by exercising every day.	<i>Hold up your right hand and encourage children to do the same.</i>
His favourite activity was aerobics.	<i>Make a fist with the hand you've held up. Using your pointing finger, do finger aerobics while humming an energizing tune. Children should exercise too.</i>
Whew! This kind of exercise was not easy! O.K. Just five more. One... two...three...four...five...	<i>Stop finger aerobics.</i>
Oh. I forgot to mention. Our hand could also count to five, using his fingers.	<i>Count to five again, using fingers on one hand.</i>
While counting one day, Hand discovered he could do something else. He could use his index finger to point!	<i>Point to the children.</i>
He pointed to the door.	<i>Point to the door.</i>
He pointed to the window.	<i>Point to the window.</i>
He pointed to some artwork.	<i>Point to artwork in room.</i>
Hand just loved to point. He pointed all day and all night until one day something fabulous happened.	<i>Continuously point around the room, and then snap your fingers.</i>
He snapped! Hear that? Now this cool hand could really make some noise!	<i>Snap several times.</i>

Hand really wanted to share the fun with his best friend, Mano, who lived across the street. So, he waved towards Mano's house. "Hi Mano!" he said.	<i>Wave.</i>
After a lot of waving, Mano finally came outside.	<i>Hold up your left hand.</i>
Happy to see his friend, Mano waved back. "Hi Hand!", he said.	<i>With both hands facing each other, wave.</i>
The two hands were best buddies and liked to do the same things. They liked to exercise.	<i>Making a fist with both hands, do finger aerobics with both pointer fingers.</i>
Proud of how they could exercise together, Hand and Mano gave each other a high-five.	<i>Swing both arms up to about eye level and slap both hands together. High-five two more times.</i>
They even played pointing games. Hand would point to something and Mano would guess what it was.	<i>Point to something with your right hand and mimic with your left. Have Mano name the objects that Hand is pointing to.</i>
The two hands also made music and applauded their efforts.	<i>Snap with both hands. Clap several times. Continue clapping.</i>
Aaa-choooo!	<i>Cover your mouth and nose with your right hand to catch the fake sneeze.</i>
Uh-oh. Hand was sick.	<i>Hold a limp right hand up, indicating that Hand doesn't feel well.</i>
Now both Hand and Mano were very sad. They had a big problem. What do you think their problem was?	<i>Elicit the following response: Hand had sneeze germs on him!</i>
That's right! Hand and Mano could not clap or high-five because Hand was covered with germs. And what would have happened if Hand touched Mano?	<i>Mano would have gotten the germs and could have become sick!</i>

<p>How do you think they solved this problem?</p>	<p><i>Work towards the following response:</i></p> <p><i>Hand should have sneezed into a tissue or his upper arm, and not into his hand. Hand should have washed his hands to get rid of germs. (Demonstrate and explain handwashing steps):</i></p> <ol style="list-style-type: none"> <li><i>1. Wet hands</i></li> <li><i>2. Apply liquid soap</i></li> <li><i>3. Lather and rub hands together for 15 seconds, (sing the "Happy Birthday Song" twice)</i></li> <li><i>4. Rinse with running water</i></li> <li><i>5. Dry hands with a paper towel or an air dryer (a cloth towel is ok at home)</i></li> <li><i>6. Turn off taps with towel or your sleeve</i></li> <li><i>7. Open door of public washroom using towel or sleeve</i></li> </ol> <p><i>Hand could have used hand sanitizer to kill germs. (Demonstrate steps of using hand sanitizer):</i></p> <ol style="list-style-type: none"> <li><i>1. Apply a squirt the size of a dime to your hands.</i></li> <li><i>2. Rub sanitizer all over hands until dry. No need for water or towels.</i></li> </ol>
<p>The good news is that Hand did wash and use a hand sanitizer, and they played happily ever after!</p>	<p><i>Start high-fiving, snapping and clapping with both hands.</i></p>