

# Panda Hand-Washing Exercises

Wet your hands and get the soap foaming!

Scrub-scrub!

Spin-spin!

Squish-squish!



Illustration by Satoshi Iriyama  
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- 1 Rub your **palms** together —scrub-scrub-scrub.
- 2 Rub the **backs of your hands** —scrub-scrub-scrub.
- 3 Wash around **each finger** —spin-spin-spin.
- 4 Rub your **fingertips and nails** on your palm —scrub-scrub-scrub.
- 5 **Interlace** your fingers to wash between —squish-squish-squish.
- 6 Lastly, wash around your **wrists** —spin-spin-spin.

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Once you've washed completely,  
rinse off and dry well with a towel!