

Clean Hands, Healthy Friends



Ages 6–9 • EcoBook.org

About this book

A short story about handwashing, sharing, and staying healthy at school.

Topics: Health, Hygiene

Print tip: This PDF is designed for low-ink printing. Try black & white if needed.

Scene 1

Mila loves school. She loves reading with her friends.

Today, Mila's class shares crayons and books.

Illustration space (optional)

Scene 2

Before snack time, the teacher says: “Let’s wash our hands.”

Mila walks to the tap with her friends.

Illustration space (optional)

Scene 3

They use soap. They scrub: palms, fingers, and thumbs.

They sing a short song while washing.

Illustration space (optional)

Scene 4

After washing, their hands feel clean and fresh.

They eat their snacks and share kindly.

Illustration space (optional)

Scene 5

At home, Mila teaches her little brother the handwashing steps.

“Clean hands help us stay strong,” she says.

Illustration space (optional)

Activity Page

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Try this:

Draw a poster: 5 steps to wash hands. Hang it near a tap.

Write / Draw: