

## Playgroup Life Skill Program Week 1

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**Dear Parents,**

In today's fast-changing world, life skills are just as important as academic learning—essential tools that help children grow into capable, confident, and resilient adults. Recognizing this need, **SAFT** has launched a special initiative to actively involve parents in nurturing life skills in their children, tailored to each age group.

At the heart of this program is the idea of *quality time*—simple, meaningful moments you can share with your child. To make your participation easy and enjoyable, we have created user-friendly materials with color-coded sections. For example, **RED text highlights where your direct involvement is needed.**

Each day includes a clear theme, practical exercises, and an end-of-day evaluation. Please take a few moments to review these evaluations as they offer valuable insights into your child's progress and help strengthen the learning experience.

We invite you to take this opportunity to build lasting memories with your child—learning together while having fun!

Wishing you skillful and joyful holidays.

**May God bless you and your family.**

Warm regards,



## Theme of the Week: Washing Hands = Happy Hands!

### Life Skill Focus:

Children learn when and how to wash hands to stay healthy and clean.

### Objectives

1. **Recognize when to wash hands** (e.g., after playing, before eating).
2. **Identify parts of the hand to wash** (fingers, palms, back of hands).
3. **Follow simple steps of handwashing** (wet, soap, scrub, rinse, dry).
4. **Understand that washing hands keeps us healthy.**
5. **Enjoy washing hands through songs or fun routines.**

Follow the share Video Link

[Germ Smart: Wash Wash Your Hands - YouTube](#)

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### Day-by-Day Plan



#### Day 1 – Introduction: “Germs Are Not for Sharing”

- **Activity:** Story time with a picture book or puppet show about germs and clean hands.
- **Life Skill:** When to wash hands (before eating, after play, after toilet).
- **Parent Tip:** Talk to your child about when you wash your hands at home and do it together.

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#### Day 2 – Let’s Practice Washing!

- **Activity:** Practice proper handwashing with soap bubbles and a simple 5-step song.
- **Life Skill:** Learn correct technique: wet, soap, scrub (20 seconds), rinse, dry.
- **Parent Tip:** Practice the same steps at home using a favorite song (like "wash wash" twice).



### Day 3 – Germ Hunt Game

- **Activity:** Sprinkle glitter on hands to show how germs spread; kids try washing it off properly.
- **Life Skill:** Understand invisible germs and importance of soap.
- **Parent Tip:** Encourage handwashing after sneezing or coughing too.

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### Day 4 – Review and Role Play

- **Activity:** Role play handwashing before meals, after toilet, etc.
- **Life Skill:** Reinforce habits through pretend play.
- **Parent Tip:** Praise your child every time they remember to wash hands without being asked.

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### Parents' Role Throughout the Week:

- **Model good handwashing.**
- **Be consistent and encouraging.**
- **Make it fun and positive.**
- **Talk about “why” in simple words (“Germs make us sick, clean hands keep us strong!)**