ALPHABET BOOK

Discover the alphabet in this A to Z with Azzy. Follow the fun as she makes new friends with lots of wonderful animals, learning about the power of soap and water along the way.

LEARN A-Z WITH AZZY

As well as learning about the alphabet, it’s important for children to learn that handwashing helps protect us from germs, so we can lead healthy lives.

This book, and other fun educational resources from Lifebuoy, aim to help children learn that ‘H is for Handwashing’.
This is a work of fiction, any views and opinions expressed in this book do not necessarily reflect the official position of Lifebuoy® / Unilever or associates.

Lifebuoy® is a trademark owned by Unilever.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means without the prior permission of the copyright owners.

Printed in England
Introduction

The alphabet, invented in the 7th century, is a child’s entry into the world of words. It’s essential for sounding out new words, learning new things, and for writing stories. Since children’s books have come into existence, they have been used to teach. When a child points to a soup ladle in a book, for example, and asks “What’s that?” and a parent says “It’s a ladle. We use it to put soup into a bowl,” then, the next time the child sees a ladle in the book, they will point it out to you! Books teach us more than words. So, why shouldn’t a charming alphabet book be used to teach children good habits?

Linking the letter H to the practice of handwashing can be a change agent, when teaching kids the importance of using soap and water, at appropriate times, throughout the day. The campaign to use ‘H for Handwashing’ in a children’s book, that rhymes and engages, helps children understand how it’s done and why it matters so that, little by little, handwashing will become automatic.

Azzy, the star of this book, discovers the power of soap and water as she goes through her day. The book uses best practices to help children learn from books, saving parents from sounding “teachy preachy” when the necessity for handwashing comes up.

Play with the phrase ‘H for Handwashing’. Have your children pretend to wash their hands every time you say the words. Turn it into a game! Ask your children to fill in the blank: “Now what is H for...?”

Children are more likely to learn when the learning is fun and there has never been a better time to make ‘H for Handwashing’ come alive!

About ‘H for Handwashing’

H for Handwashing is part of Lifebuoy’s mission to improve children’s handwashing habits around the world. Recognising that building good habits starts early, this campaign aims to make a fundamental change as to how the alphabet is learnt, transforming the way the letter H is taught in schools. No longer will the letter H only stand for Hat, Horse or Hippo. More importantly, H must stand for Handwashing!

Lifebuoy is the world’s No.1 hygiene soap brand, sold in over 100 countries.* The brand aims to make a difference by creating quality, affordable products and promoting healthy hygiene habits. Since 2010, Lifebuoy has reached over 1 billion people, through handwashing programmes, in partnership with NGOs and governments. You can find out more here.

* Calculation based on NielsenIQ unit sales for the Skin Cleansing category (latest 12 months available) © 2021, NielsenIQ

Hi! It’s Azzy here!

I’m really excited to appear in this fun alphabet book. I love learning about the letters A to Z, and everything in between!

Of all the 26 letters in the alphabet, there’s one special one I want to share with you. It’s “H for Handwashing”!

Did you know that handwashing is super important to keep nasty germs away? Join me in this story to discover more together!

I’ve also added some puzzles and activities in the fun zone at the back of this book.

Enjoy my story!

Azzy

P.S.
There are lots of ducks hidden in the book. Can you find them all?
A is for Adventure...

... one of Azzy’s favourite things.

When she wakes, she cannot wait to see which ones today might bring.
is for Breakfast...

... to give her energy before she goes.

It could be eggs to fill her legs or just a slice of tasty toast.
C is for Clean...

“Remember to wash your hands before you eat!”

Came the cry from Caterpillar, crunching on a leafy treat.
D is for Dirt...

... Azzy loved to dig around and make a den.

After playing in the dirt, it’s time to clean yourself again!
E is for Eagle...

... soaring up above and swooping through the sky.

Azzy wonders what it must be like to see things from that high.
F is for Fingernails...

... the perfect place for dirt to try and hide.

You’ve got to get the soap and water all the way inside.
G is for Germs...

... tiny bugs so small, it’s hard to take a peek.

They would be frustrating in a game of Hide and Seek.
H is for...

... well Azzy always knew
H is for Horse.

But now she realises
**H is also for Handwashing**, of course!

With all the things we touch,
we might not know where
they have been.

Soap and water help make sure our hands are safe and clean.
is for Ice-cream...

... it’s yummy and it’s cold on Azzy’s lips.
She has to eat it quick before she gets all covered in drips.
J is for Jumping...

... into puddles when your wellies make a splash.

Or maybe jumping into cuddles with someone you trust to catch.
K is for Kangaroos...

... as jumpers go, they are the top performers.

If they jumped into a puddle then the splash would be enormous!
L is for Lunch...

... all that jumping leaves a rumble in your belly.

But before you come inside - take off your muddy wellies!
M is for Messy...

... the same way you don’t want mud inside your house.

We wash our hands to stop our fingers putting germs into our mouth.
is for Nap time...

... Azzy can’t believe the day is halfway through.

But once she’s filled her head with dreams, she’ll be ready to continue.
O is for Opening...

... your eyes, ready for what might lie ahead.

Only to find there is a giant Ostrich stood beside your bed!
P is for Popping...

... to the toilet and for pulling down your pants.

When you’re finished with your business, don’t forget to wash your hands!
Q is for Questioning...

... everything.
There's always more to know.

Like how do soap bubbles float so far with just a simple blow?
is for Rabbit...

... he loves bubbles just as much as he loves hopping.

If he sees one float up high, he loves to try and jump and pop it!
S is for Soap...

... not only can we wash our hands and keep them clean.

But mix it with water and you’ve got your own bubble machine!
is for turning off the Tap in time...

... the moment you are done.

And making sure your hands are dry, before you go out for more fun.
U is for Umbrella...

... for when you need shelter from the sky.

If you’re feeling under the weather, it can help to keep you dry.
is for
Very Very
Very Very
Very Very
wet...

... it’s what you get
if you don’t keep the umbrella
over your head!
W is for Water...

... and for washing ourselves too.

No matter how mucky we get, it can help us feel brand new.
X is for X-ray...

... it shows our bones and sees right through our skin.

As well as what’s outside, we should look after what’s within.
Y is for Yoghurt...

... Azzy’s favourite treat to eat just after dinner.

If yoghurt is involved, Azzy knows she’s onto a winner.

She always gets it everywhere, she cannot go to bed like this!

So, one last time she cleans herself, her eyes begin to drift...
is for Zzzz...

... and what a day it’s been!

Azzy’s learnt so much about the ways that we stay clean.

Azzy dreams of more adventures, one of Azzy’s favourite things.

When she wakes, she cannot wait to see which ones tomorrow will bring.
Can you help Azzy find the hidden germs?
Can you guide Azzy to the sink without touching germs? Help her pick up some soap along the way!
Azzy says...

“Here’s how to wash your hands!”

1. water
2. soap
3. crocodile
4. butterfly
5. turn the key
6. wash
7. dry
8. clean