Welcome to the School of 5.

Today we'll meet 5 superheroes and learn about the importance of washing your hands with soap at 5 occasions.

These 5 occasions are before eating breakfast, before eating lunch, before eating dinner, during bath and after going to toilet. If you don't wash your hands with soap, germs from your hands will spread and make you sick.
LET US TAKE THE PLEDGE: I PLEDGE TO WASH MY HANDS WITH SOAP AND WATER AT 5 OCCASIONS.

... BEFORE YOU EAT BREAKFAST, BEFORE YOU EAT LUNCH, BEFORE YOU EAT DINNER, AFTER YOU USE THE TOILET, AND DURING YOUR BATH!
PUT YOUR HANDS TOGETHER FOR OUR SUPERHEROES

1. First meet these 3 brothers Biff, Bam, Pow. They have the power to produce water and soap. They will remind you to wash your hands with soap before eating breakfast, lunch and dinner.

2. This is Hairyback, our big lovable friend. He has powers to create magic bubbles! He will remind you to use soap after you come out of the toilet.

3. Meet Sparkle. She gets her name because she is so fresh and clean! She has special powers of super-vision and super-strength. She will teach you to use soap during your bath.

These 5 superheroes are devoted to saving the world from germs. But wait! Evil super villain Nogood tries to stop them. He loves things to be covered in gross germs and dirt! Our five friends need to use their super powers to stop him from harming any kids with his germs. But will they be able to stop him?? There's only one way to find out!

Let's hear a louder clap if you want to hear the first chapter of the story!
The team of 5 superheroes are getting ready for breakfast at their secret headquarters before venturing out to save the world!
Let's see what happened to Biff for weeks, Biff has been washing his hands with water alone and did not use soap before eating. Hands washed with water alone still have germs! When you touch your food with germ-filled hands, the germs end up on your food.

When you eat that food, it makes you sick.
**Sparkle** finds Biff sick with diarrhoea and is disgusted when she finds out he did not wash his hands with soap and water before eating. She is even more disgusted when he tells her that he played with mud and let the dog lick his hands. **Sparkle** tells him that his hands are still dirty, but he can’t see the germs because they are invisible.
To show Biff his hands are dirty, Sparkle tells him to use a super powder called Glow Germ on his hands. After washing his hands with water only, Biff thinks that his hands are clean because he cannot see the germs. Sparkle puts his hands under a special UV light, and shows him that the germs are still there! Biff finds this gross and immediately vows to wash his hands with soap before eating.
After Biff washes his hands with soap, Sparkle puts Biff’s hands under the UV light again.

This time, because he used soap, Biff’s hands are sparkling clean. He realizes that germs will only go away if you wash your hands with water and soap. Biff promises he will always wash his hands with soap before eating because he hates getting sick.
Let us take the pledge: I pledge to wash my hands with soap and water at 5 occasions.

... before you eat breakfast, before you eat lunch, before you eat dinner, after you use the toilet, and during your bath!
All the **superheroes**, except Biff who is sick at home, leave headquarters to save the world. They are flying around, looking for their enemy: **Nogood!**
NOGOOD is an evil villain who makes meal time and toilet time unsafe, because he hides the soap from the kids before they eat and after they use the toilet! The kids can't wash their hands with soap, so their food becomes dirty!

NOGOOD loves germs and making kids sick. The superheroes find a little girl who cannot wash her hands with soap because NOGOOD has hidden the soap! They decide to help!
sparkle smashes the ground with her super strength, and creates a hole for nogood to fall through!
THEN BIFF, BAM, AND POW LOCK ARMS AND USE THEIR SUPERPOWERS TO CREATE SOAP AND WATER TO WASH NOGOOD UP! THE FIVE SUPERHEROES SAVE THE DAY
The superheroes bring Nogood back to headquarters, and try to figure out how they can stop him from making everything dirty. Sparkle has a special red band to put over Nogood, so that he won't be able to do anymore harm! She ties him with the red band, and it is strong enough to hold the evil villain down!

While Nogood complains about soap and water, the five superheroes decide that it is time to wash their hands with soap after a long day fighting Nogood!
LET US TAKE THE PLEDGE: I PLEDGE TO WASH MY HANDS WITH SOAP AND WATER AT 5 OCCASIONS.

... BEFORE YOU EAT BREAKFAST, BEFORE YOU EAT LUNCH, BEFORE YOU EAT DINNER, AFTER YOU USE THE TOILET, AND DURING YOUR BATH!
1. Let’s start! Wet your hands with water.

2. Rub your hands with a bar of soap so that the lather covers your hands completely. This is fun!

3. Rub your hands from palm to palm. Rub! Rub!

4. Now, wash with your right palm the back of your left hand with interlaced fingers, and then the opposite.

5. Then, wash with palm to palm and with fingers interlaced. You’re half way done!
6. Now, back of fingers to opposing palms with fingers interlocked... you can do it!

7. Onward! Rotational rubbing of left thumb clasped in right palm, and vice versa.

8. Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm, and vice versa. Got that?

9. Now, rinse your hands good with water!

10. Dry thoroughly with a single-use towel! Important: use the towel to turn off the water. *Whew*! Now your hands are safe. Yay-y-y-y-y!
Let us see why handwashing with soap is important. Hands may appear clean after washing with water alone, but are not actually clean. Washing hands with soap and water removes the invisible germs and makes our hands germ free. Wash hands with soap at 5 occasions to stay healthy.
AFTER REMINDING EACH OTHER HOW TO WASH THEIR HANDS, THE SUPERHEROES ALSO REMEMBER WHEN THEY MUST WASH THEIR HANDS! (KIDS REPEAT AFTER ME)

- **ONE**, WASH HANDS WITH SOAP BEFORE EATING BREAKFAST.
- **TWO**, WASH HANDS WITH SOAP BEFORE EATING LUNCH.
- **THREE**, WASH HANDS WITH SOAP BEFORE EATING DINNER.
- **FOUR**, WASH HANDS WITH SOAP AFTER USING THE TOILET.
- **FIVE**, WASH HANDS WITH SOAP DURING DAILY BATHS.

AFTER THE SUPERHEROES REMIND EACH OTHER HOW AND WHEN TO WASH HANDS, THEY ALL FEEL MUCH SAFER AND CLEANER!
LET US TAKE THE PLEDGE: I PLEDGE TO WASH MY HANDS WITH SOAP AND WATER AT 5 OCCASIONS.

... BEFORE YOU EAT BREAKFAST, BEFORE YOU EAT LUNCH, BEFORE YOU EAT DINNER, AFTER YOU USE THE TOILET, AND DURING YOUR BATH!
One day, the evil villain Nogood comes up with a plan to trick Bam into playing ball. Then, he will invite Bam to lunch. Bam will grab the food with his dirty hands, and his food will become dirty with germs! Nogood wants Bam to eat with dirty hands, and get sick with diarrhea. He thinks it is the perfect plan!
**NOGOOD** carries out his plan. He invites **BAM** to play ball, and **BAM** thinks **NOGOOD** is being very nice! After the two play ball, **NOGOOD** invites **BAM** to lunch. Just when **NOGOOD** thinks his plan will work, **BAM** remembers to go wash his hands with water and soap before lunch, as he always does before he eats a meal. When he comes back, his hands are sparkling clean.

**BAM** has foiled **NOGOOD**'s evil plan by washing his hands with soap and water before eating!
LET US TAKE THE PLEDGE: I PLEDGE TO WASH MY HANDS WITH SOAP AND WATER AT 5 OCCASIONS.

... BEFORE YOU EAT BREAKFAST, BEFORE YOU EAT LUNCH, BEFORE YOU EAT DINNER, AFTER YOU USE THE TOILET, AND DURING YOUR BATH!
Back at the Superheroes Headquarters, Professor Hairyback explains why it's so important to wash your hands with soap and water after using the toilet. Professor Hairyback's lecture is about poop. He tells the superheroes that everybody poops, but not everyone washes their hands after using the loo. He says this is disgusting!
Hairyback tells the superheroes that in poop, there are millions of invisible viruses, bacteria and thousands of parasites and worm eggs!

Biff asks the hairyback to explain what a parasite is. Hairyback replies that a parasite is a bug or worm that feeds on the body. Poop has so many of these germs!

The superheroes are all so grossed out when they hear this news!
Hairyback continues his talk. He says that when you wipe yourself, some poop might accidentally end up on your hands. Sometimes the amount of poop is so small you can’t even see it, or smell it. But it is there!
He also says that poop could be on your hands, so that if your head itches, and you scratch your head, there could be poop in your hair!

The superheroes all make disgusted faces. They are grossed out! But the hairyback is not done with his talk.

He says that if there is poop on your hands, and you grab food with your hands, there is poop in your food. Then if you eat that food, there is poop in your mouth! The superheroes are even more grossed out now!
Hairyback wants the superheroes to know that if there is poop on your hands, everything you touch will be contaminated with the germs from your poop.

Now that he has totally grossed out the superheroes, Hairyback asks how they can prevent all these poop germs from spreading.

Biff answers that everyone needs to wash hands with soap and water after they use the toilet.
LET US TAKE THE PLEDGE: I PLEDGE TO WASH MY HANDS WITH SOAP AND WATER AT 5 OCCASIONS.

... BEFORE YOU EAT BREAKFAST, BEFORE YOU EAT LUNCH, BEFORE YOU EAT DINNER, AFTER YOU USE THE TOILET, AND DURING YOUR BATH!
After a long day of fighting the evil villain Nogood, Biff, Bam, and Pow finally win and put Nogood in jail. The three brothers are sweaty from the day’s adventure. Bam and Pow want to take a bath, but Biff thinks baths are boring. He does not bathe and goes straight to play soccer.

After their refreshing baths, Bam and Pow join Biff at the soccer field, ready to play. They are energized from their bath. But they notice that Biff is standing by himself, not playing soccer with their friends.
BIFF FLIES BACK TO HEADQUARTERS TO FIND SPARKLE AND ASK HER WHY NONE OF HIS FRIENDS WANT TO PLAY WITH HIM!

BIFF ASKS SPARKLE WHY HIS FRIENDS DON'T WANT TO PLAY SOCCER WITH HIM. SPARKLE TELLS BIFF THAT SWEAT CAN MIX WITH GERMS AND CAUSE YOUR BODY TO SMELL BAD. SHE SAYS THAT BIFF SHOULD HAVE TAKEN A BATH AFTER FIGHTING NOGOOD ALL DAY AND SWEATING FROM THE HARD WORK! BATHS ARE IMPORTANT TO KEEP CLEAN, KEEP CONFIDENT...AND SMELL GOOD!

BIFF SMELLS HIMSELF, AND HE IS GROSSED OUT WHEN HE FINDS THAT HE DOES SMELL BAD! HE LISTENS TO AND IMMEDIATELY RUNS TO BATHE WITH SOAP
After taking a bath with soap, Biff returns to the soccer field. His friends all want him to play now! They think he smells great!
Let us take the pledge: I pledge to wash my hands with soap and water at 5 occasions.

... before you eat breakfast, before you eat lunch, before you eat dinner, after you use the toilet, and during your bath!
The superheroes fly out to their next adventure to save the world.
Hairyback uses his superpowers to blow magical bubbles and trap Nogood inside.
NOGOOD LOVES DIRT AND GERMS.
HE HAS AN EVIL PLAN TO
MAKE THE SCHOOL OF 5 SICK
THE SUPERHEROES SAY, “EWW!
WE COULD BE EATING OUR POOP IF WE DON’T
WASH OUR HANDS WITH SOAP.
SUPER YUCK!”
BIFF, BAM AND POW ATTACK NOGOOD because he hides soap from children. They finally win against him.