

A DAY AT THE ZOO

Ruskin Bond in his classic style writes a story for young children to learn the alphabet while also understanding the importance of handwashing with soap in this fun trip to the Zoo!

H for **HANDWASHING** **ALPHABET BOOK**

This book, and other fun educational resources from Lifebuoy, aim to help children learn that 'H is for Handwashing'



Ruskin Bond's

H for
HANDWASHING

ALPHABET BOOK



Written by Ruskin Bond
Illustrated by Omkar Mahashabde



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Illustrations © Omkar Mahashabde 2021

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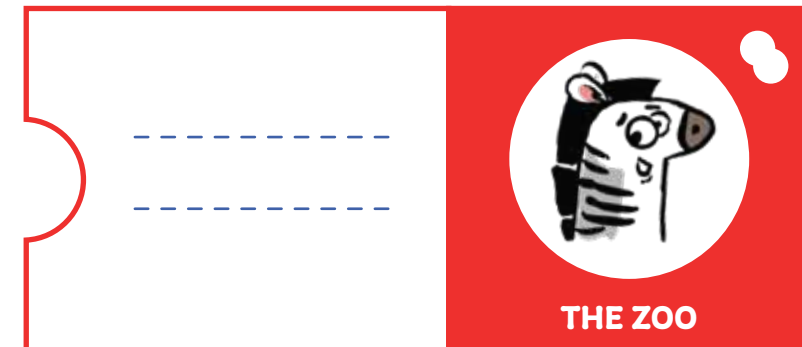
ALPHABET BOOK

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This book belongs to:



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 their own stories.

Since children's books have come into existence they have been used to teach. When a child asks, "What's that?" pointing to a sieve in a book, for example, and a parent says, "It's a sieve. We use it to strain tea leaves before drinking tea!". Voilà! The next time the child sees a sieve in the pages of the book, they will point it out to you!

But more than words can be learned from books. In these times, 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 powerful change agent in teaching kids the importance of using soap and water at appropriate times throughout their 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.

The children in the book journey across the letters of the alphabet to discover the power of soap and water as they enjoy their day at the zoo. The book uses best practices for helping children learn from books, saving parents from sounding "teachy-preachy" when the necessity for handwashing comes up. Play with the phrase 'H is for Handwashing'. Have your child pretend to wash their hands every time you say the words. Turn it into a game!

Say the phrase at different times asking 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!



Roberta Michnick Golinkoff, Ph.D., Unidel H. Rodney Sharp Professor, University of Delaware, and author of 'Becoming Brilliant: What Science Tells us About Raising Successful Children'.

About the author

Ruskin Bond is an Indian author of British descent. He is considered to be an icon among Indian writers and children's authors and a top novelist. He wrote his first novel, *The Room on the Roof*, when he was seventeen which won John Llewellyn Rhys Memorial Prize in 1957. Since then he has written several novellas, over 500 short stories, as well as various essays and poems, all of which have established him as one of the best-loved and most admired chroniclers of contemporary India. In 1992 he received the Sahitya Akademi award for English writing, for his short stories collection, "Our Trees Still Grow in Dehra", by the Sahitya Akademi, India's National Academy of Letters in India. He was awarded the Padma Shri in 1999 for contributions to children's literature. He now lives with his adopted family in Landour near Mussoorie.



Ruskin Bond

Sahitya Akademi 1992,
Padma shri in 1999,
Padmabhushan in 2014

Iconic Indian Writer and children's author

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 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



A

is for **All** of us
Animals too,
Aunts, Apes and **Antelopes**,
We're all at the zoo!

Our school in the village is closed for the day,
But a shaky old bus will take us that way.



B

is for **Bucket**,
for **Boys** like to **Bathe**
Before setting out for
their morning parade,

And **B** is for **Breakfast**, that's surely a must
Before setting out on that rattling old bus.





C

is for **Chatter**,
as the girls join the group,
with **Cakes** and **Chapattis**
to eat on the way.

The bus is now ready to burst with its load and the
journey to town is two hours by road.



D

is for **Delay**,
as our **Driver** sleeps late,
But we are all so excited
we're happy to wait.

Here's Prakash with his lunch-box and there's
Mamta – she's wearing new socks!





E

is for **Elephants** (tame ones)–
they're looking for food,
and they won't move an inch,
not in this mood,

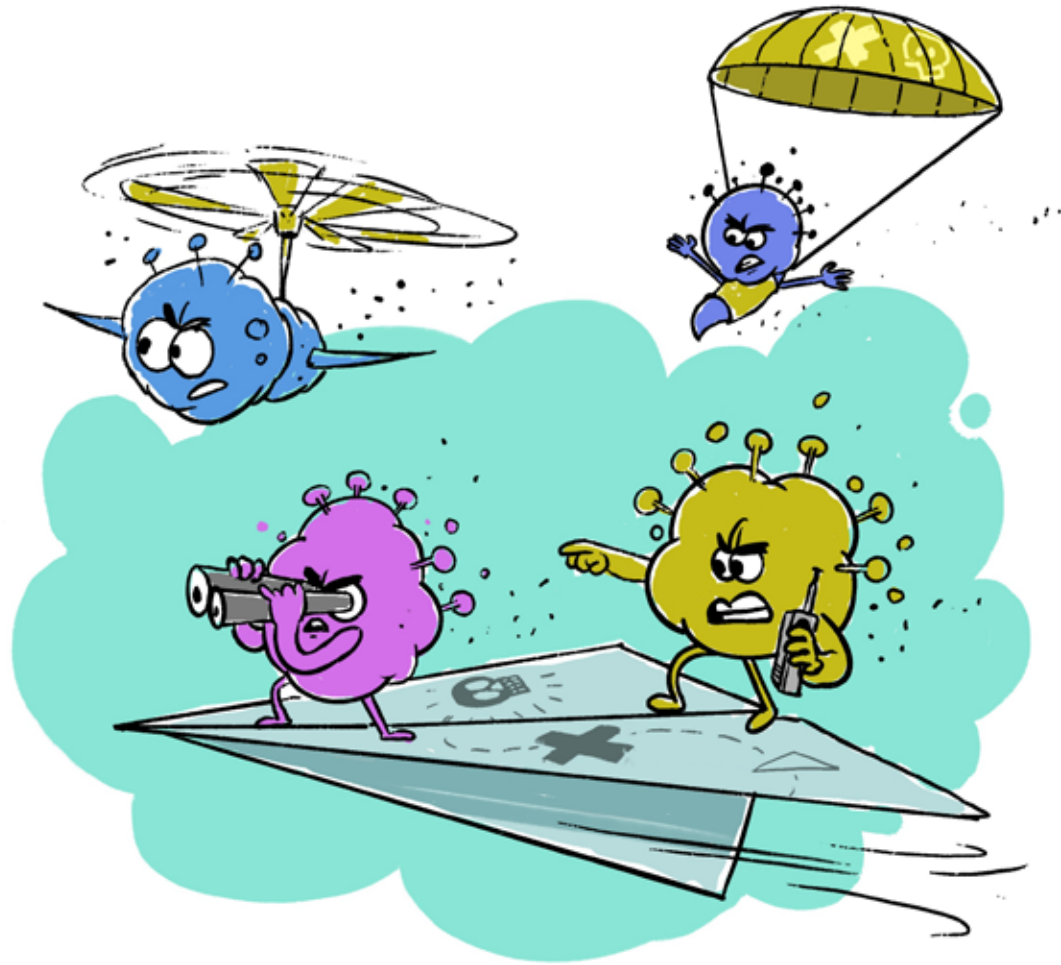
for its sugar-cane season, their time for fun, and they
are here with their brothers and sisters and Mum!



F

Yes, **F** is for **Fun!**
A day full of fun!





G

is for **G**erms,
they are found everywhere,
They travel by land,
by sea and by air



H

is for **Hand-washing**

“Have you washed your hands today?” asks teacher,
who always has something to say about cleanliness,

habits and what children wear,
but the boys look fresh,
and the girls have done their hair.





is for **India**,
the land of our birth,
the land of our hopes
and our greatness and worth,

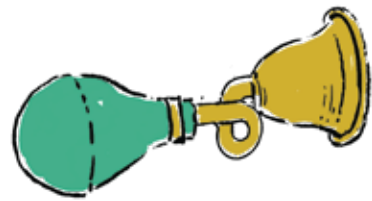
so smile and be happy and sing all the way,
it's a wonderful life and a wonderful day!



J

is for **Jam** –
the traffic I mean
as we enter the city,
its one long stream,

we blow on our horn as we enter the gate,
and a cockatoo calls, “You’re late, you’re late!”





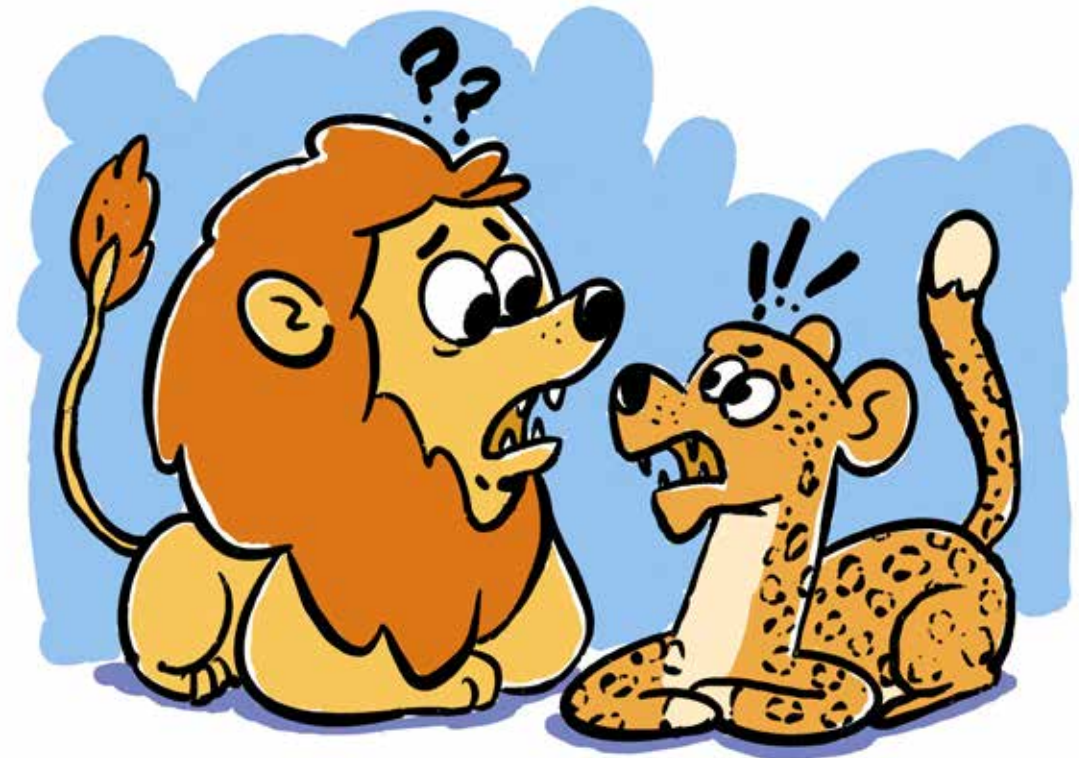
K

is for **Kangaroo**,
just watch him leap,
and Saurav and Gaurav
would like one to keep.



L

is **Lion** and **Leopard**-
they'd like those too,
for now they are planning
to start their own super zoo!





M

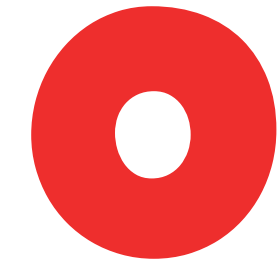
is for **M**onkeys,
you get all kinds,
and **M** is for **M**oney,
you need it sometimes.



N

is for **Naag**,
a cobra who likes to be left to himself -
or he might just strike!





Oh! look at the Owl,
such an interesting bird,
the parrots will chatter,
but he prefers silence.

The girls love the birds, the boys like the bears,
the hyena just laughs, while the crocodile stares.



P

is for **Parrots**,
there are so many kinds
and so many colours.





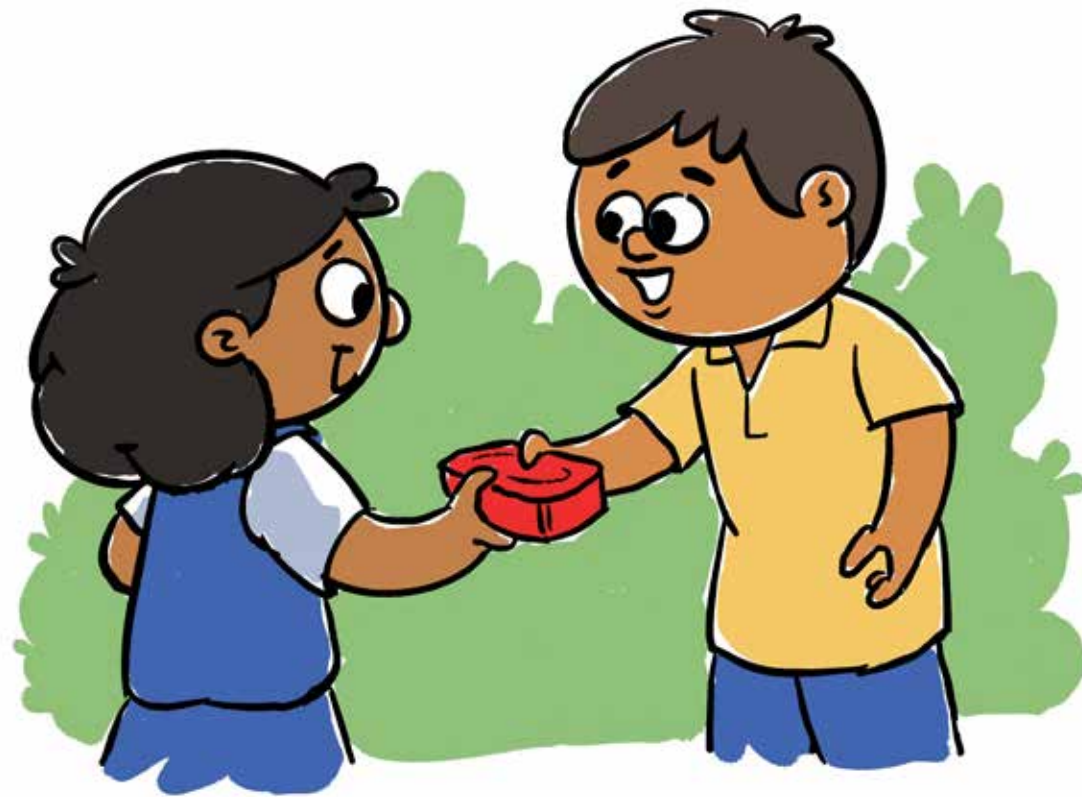
is for **Questions**,
and forming a **Queue**
if we want to see everything
in this big zoo.



R

is for **Rubbish**,
all over the street,
but not in our zoo,
which is open and neat





S

is for **Soap**-
the ideal solution,
for all kinds of dirt
and filth and pollution,

So make sure you have some, wherever you go,
in city or forest or fields when you sow.



T

Yes, **T** is for **Tiger**,
and he's licking his lips
at the thought of a bite
into Prakash's nice hips!

He's a moody old tiger, just watch and listen
as he gets up and roars for his **twelve** o'clock **tiffin**





U

is for **Uncle**,
and some people say that
if Uncle's a tiger he'll let you escape,
But don't call him Aunty –
a careless mistake –
for he'll come back
and get you another fine day



V

is for **Victory** –
whenever you win,
at cricket or hockey
or exploits in the gym,

But right now we are hungry, it's time for a snack,
samosas, pakoras, and then we'll go back.





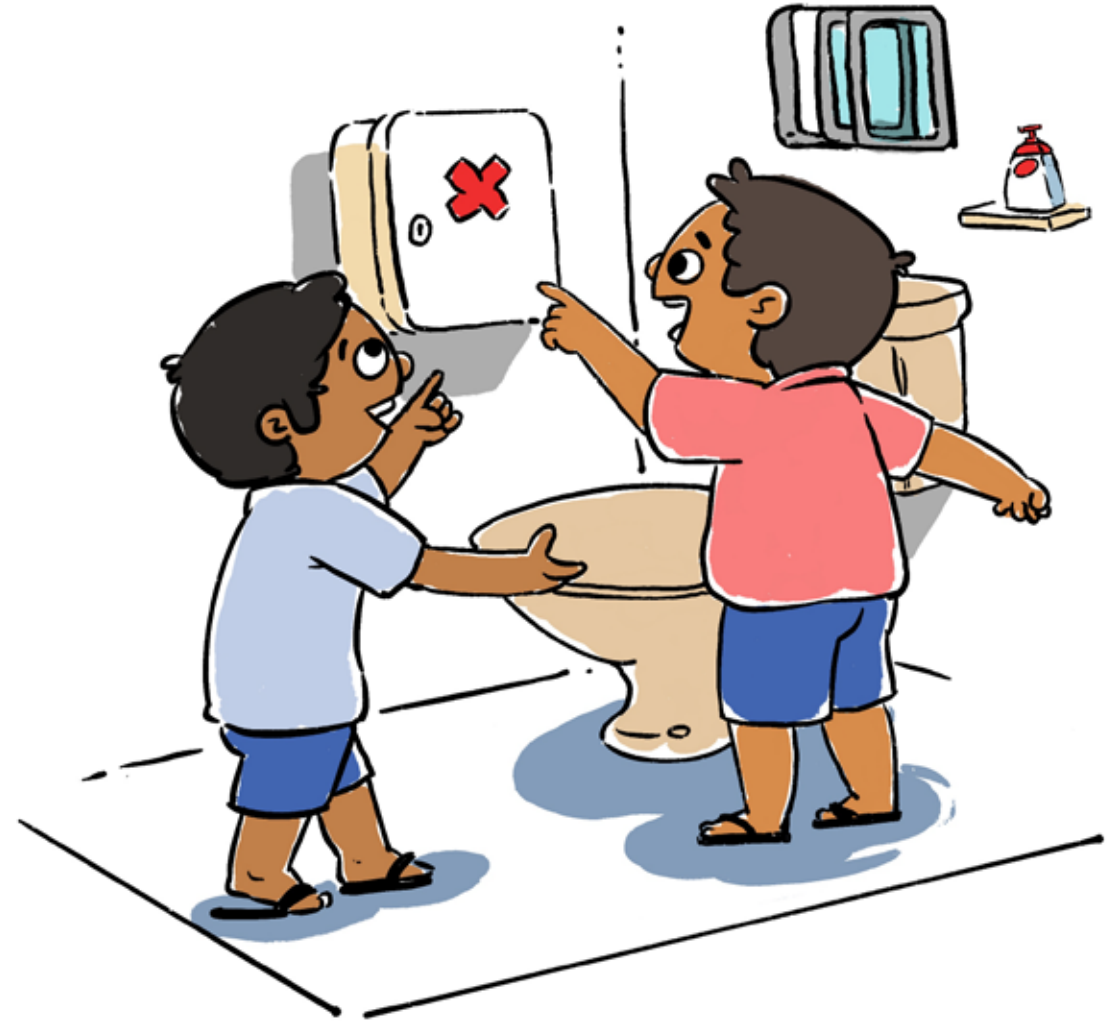
W

“**W**ash your hands first”,
calls out Teacher in hope,
And there’s **W**ater a – plenty,
“But where is the soap?”





marks the spot
where the treasure is found,
in the back of the bus
where the toilets abound.





Y

is for **Yells**
of surprise and delight
as we enjoy the soap-suds,
then home before night



Z

And **Z** is for **Zebra**
and dreams of a **zoo**
and **Z** is for **Zzzzzzzz**.....
A **zillion** sweet dreams!



H

is for **Hand-washing**

“Have you washed your hands today?” asks teacher,
who always has something to say about cleanliness,

habits and what children wear,
but the boys look fresh,
and the girls have done their hair.

