

H for
HANDWASHING



ALPHABET BOOK

LEARN A-Z WITH AZZY



Written by Harry Baker
Illustrated by James Cottell

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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'.

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Illustrations © James Cottell 2021

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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!



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 '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!

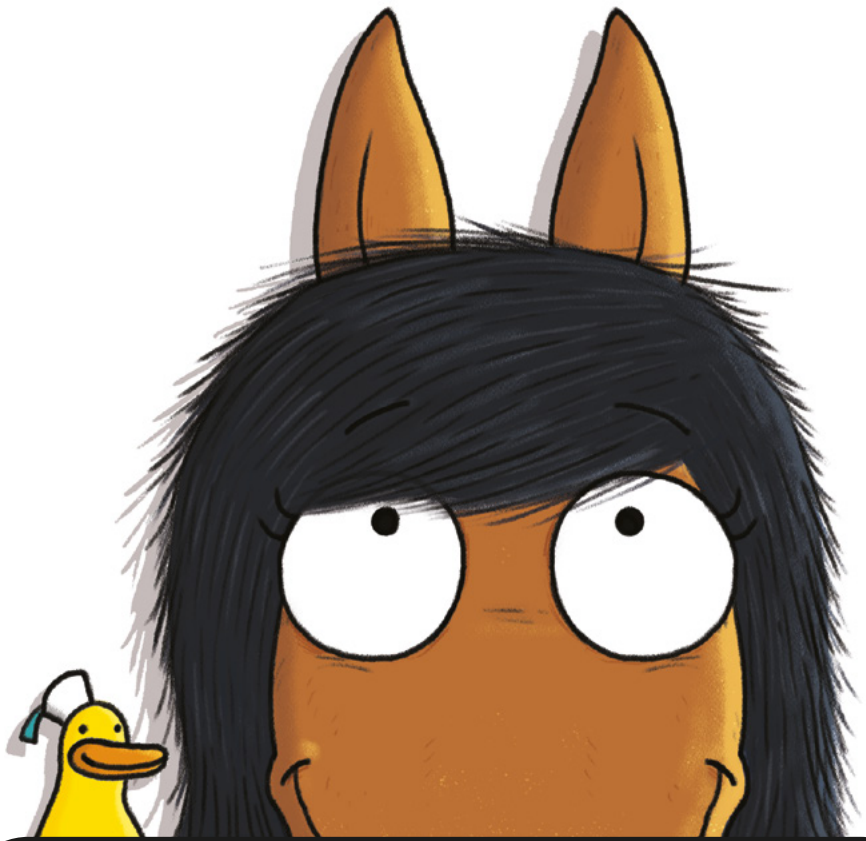


Lifebuoy is the world's No.1 hygiene soap brand, sold in over 100 countries.* The brand aims to make a difference by creating quality, affordable products and promoting healthy hygiene habits. Since 2010, Lifebuoy has reached over 1 billion people, through handwashing programmes, in partnership with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

A to Z with Azzy

Written by Harry Baker
Illustrated by James Cottell



This book belongs to:

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.

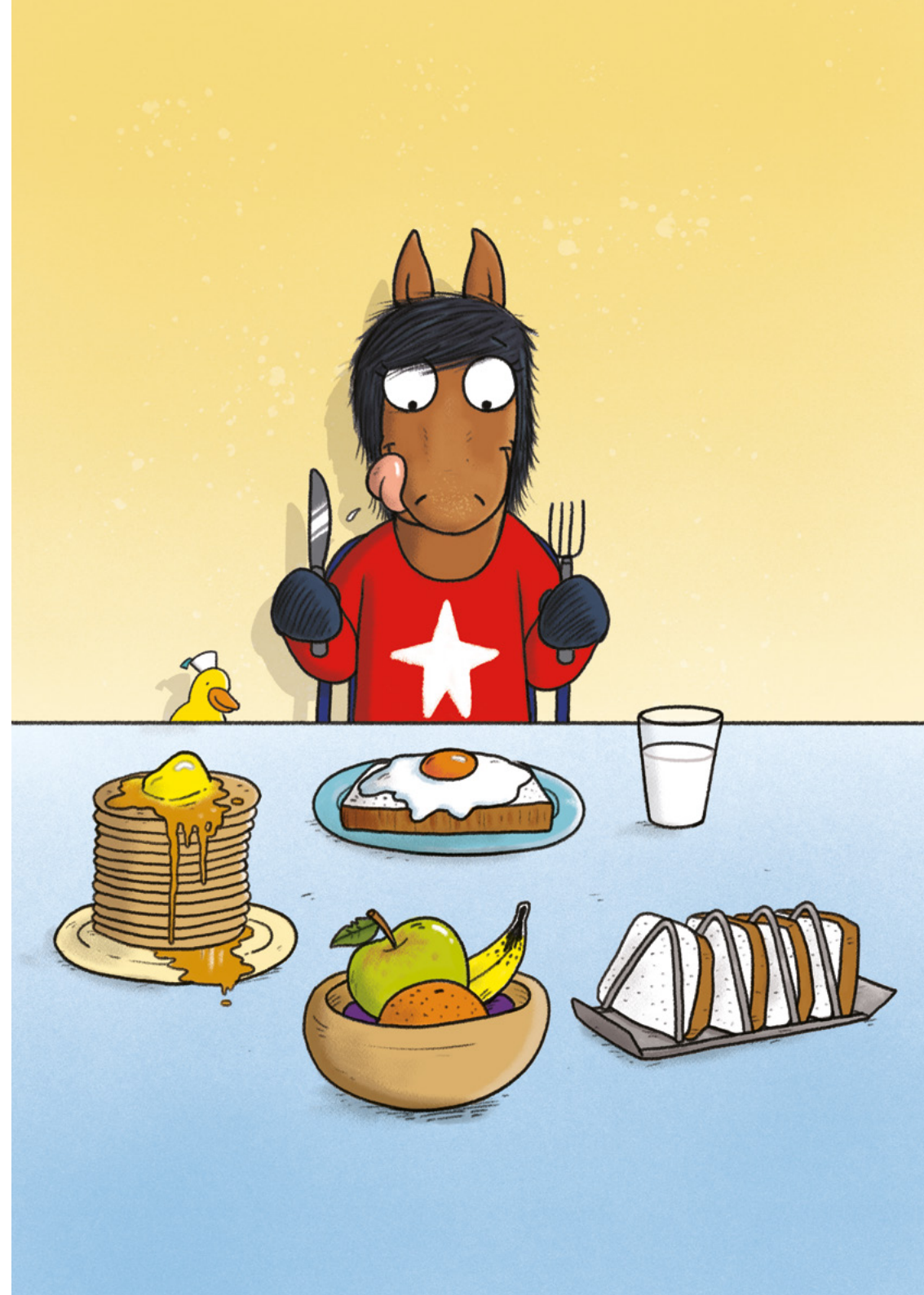


B

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.





**is for
Clean...**

*“Remember to wash your hands
before you eat!”*

Came the cry from Caterpillar,
crunching on a leafy treat.





**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.





**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.



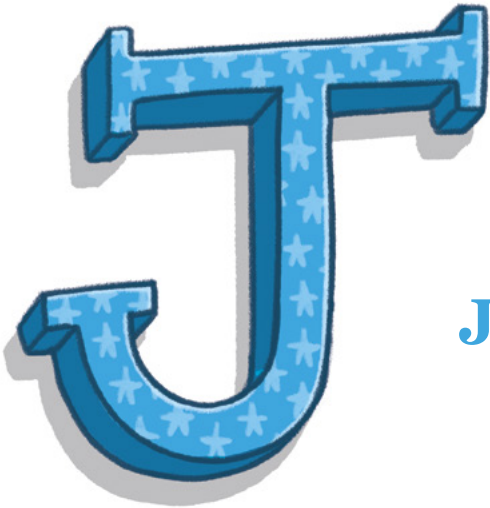
I

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.





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.



N

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.





**is for
Opening...**

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

Only to find
there is a giant Ostrich
stood beside your bed!

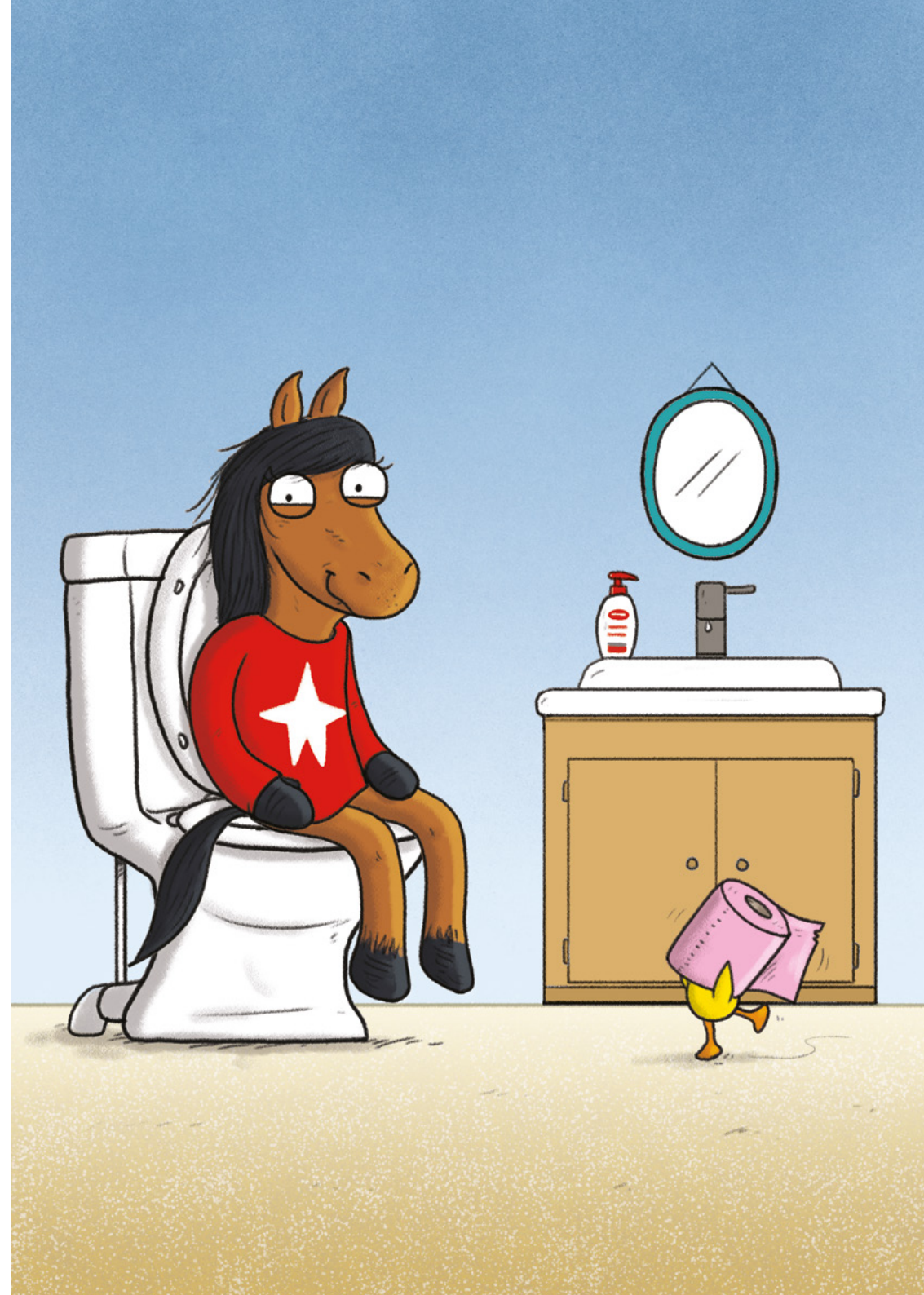


P

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!





**is for
Questioning...**

... everything.

There's always more to know.

Like how do soap bubbles
float so far
with just a simple blow?



R

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!



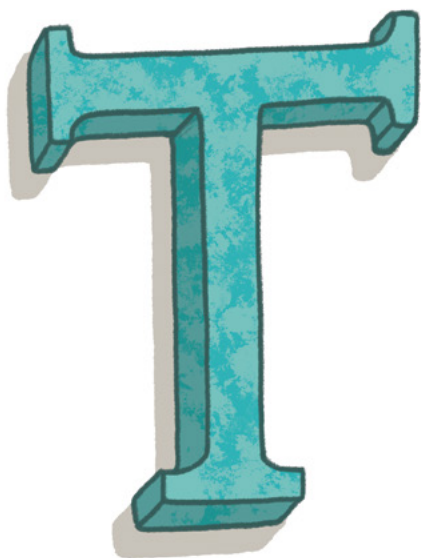
S

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!





T 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.



V

**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.

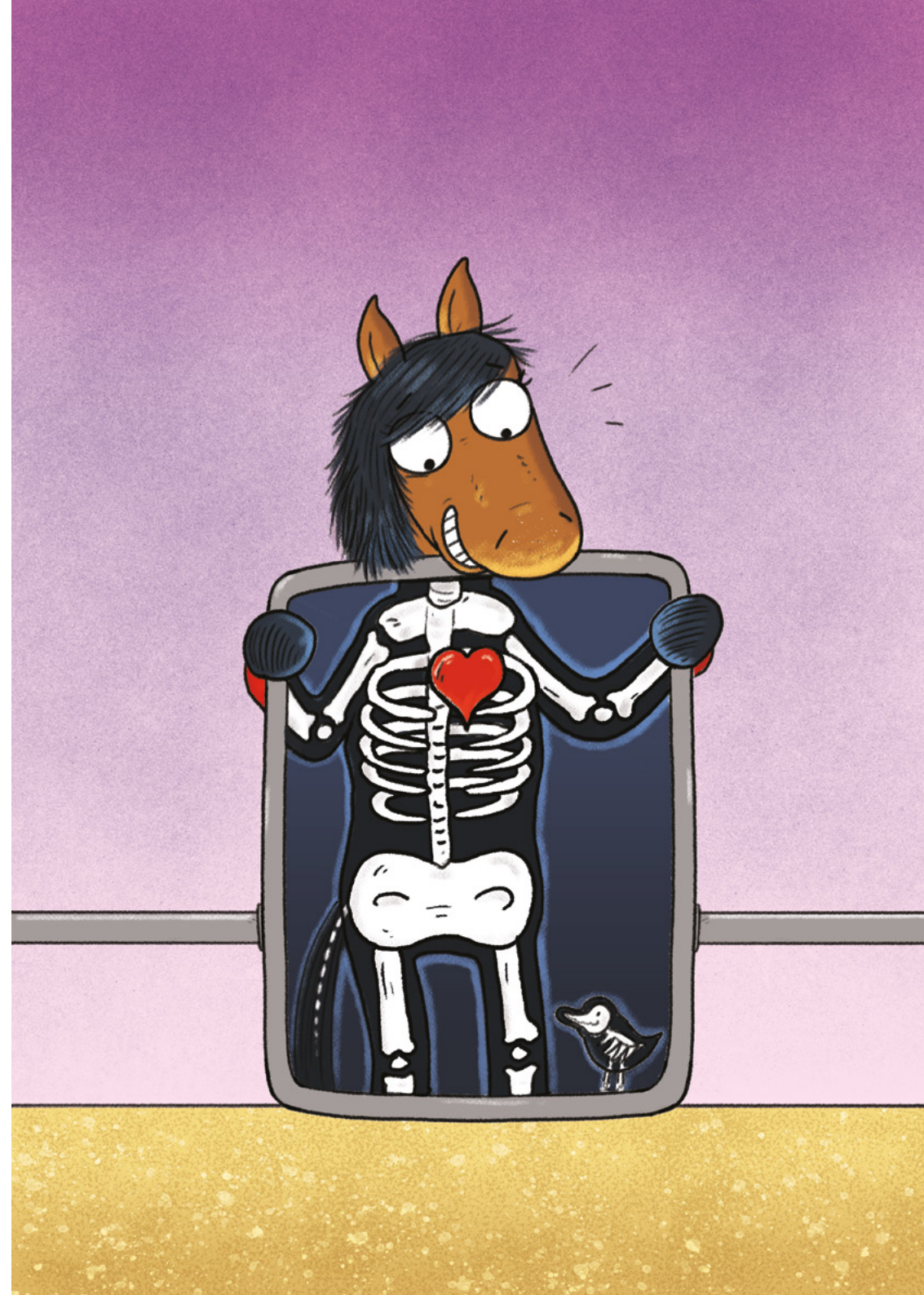


X

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.

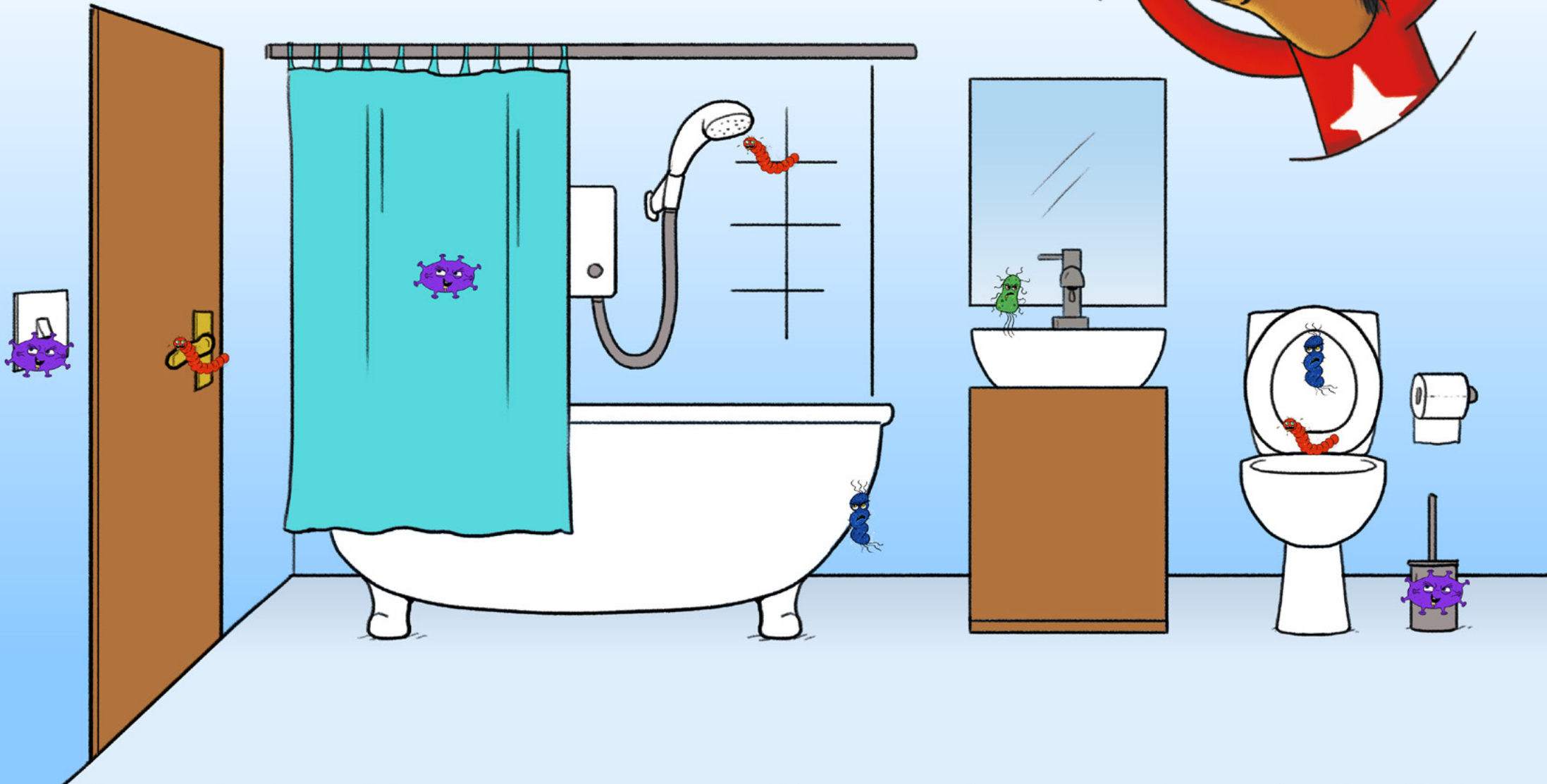
When she wakes,
she cannot wait to see
which ones tomorrow
will bring.

Fun zone!

Can you help Azzy find the hidden germs?

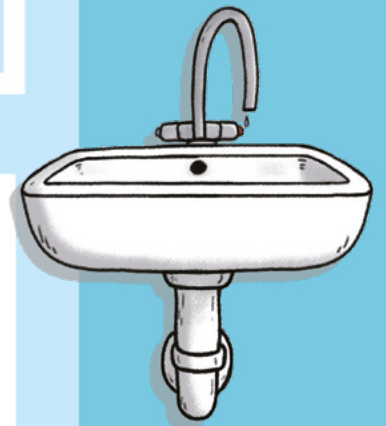


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Fun zone!

Can you guide Azzy to the sink without touching germs? Help her pick up some soap along the way!

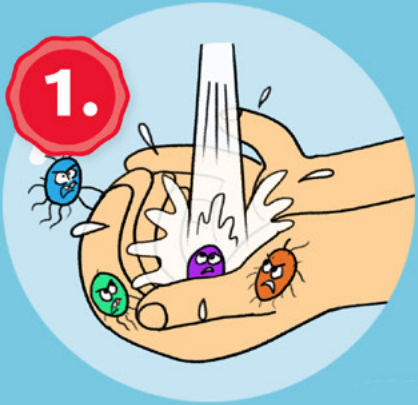




Azzy says...

**“Here’s how
to wash your
hands!”**

Fun zone!



water



soap



turn the key



wash



crocodile



butterfly



dry



clean