

Hoe om jou hande te was

1

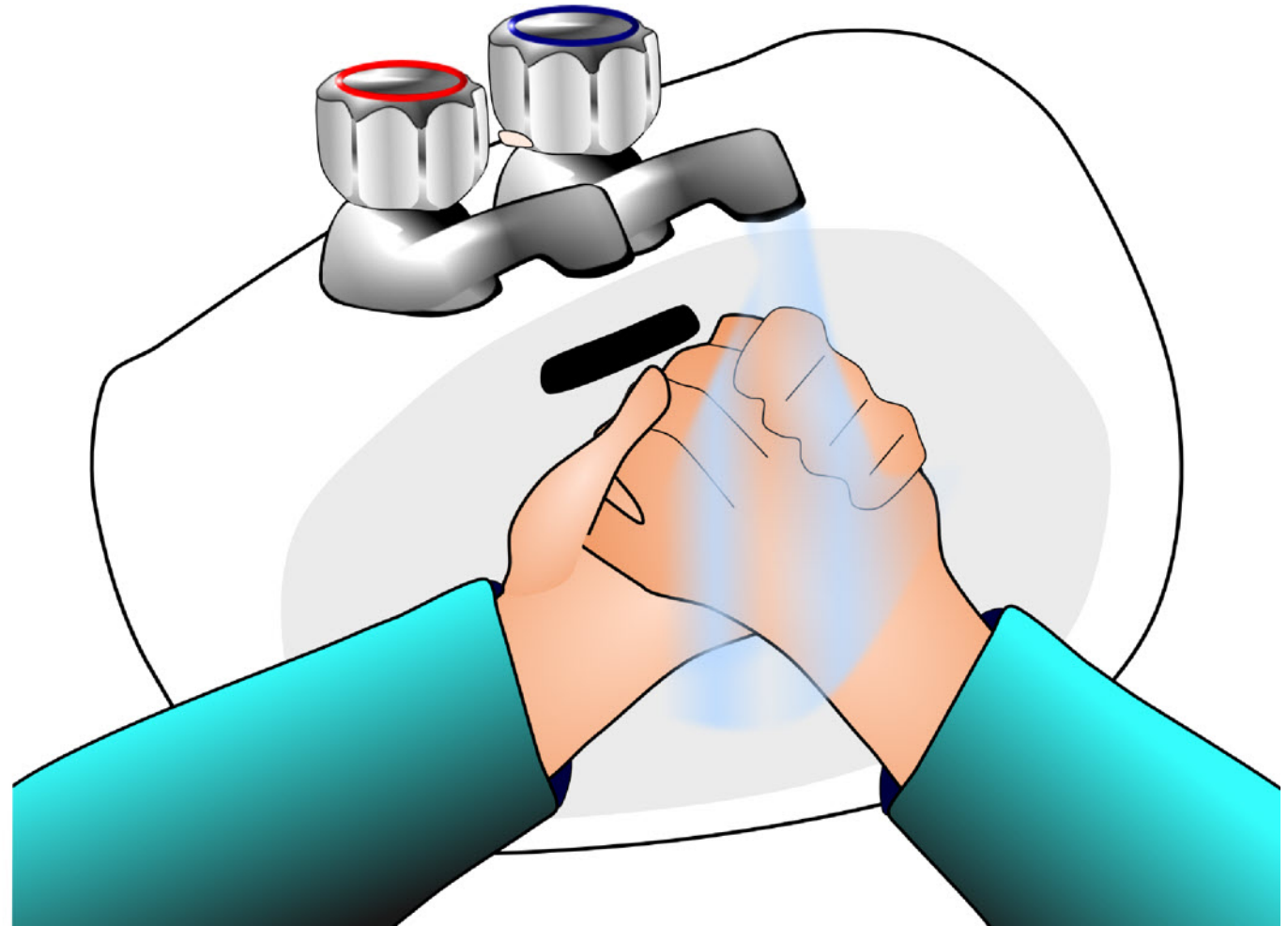


Draai die kraan oop.

Hoe om jou hande te was

Maak jou hande nat.

2



Hoe om jou hande te was

3



Sit seep
aan jou hande.

Hoe om jou hande te was

Vryf jou hande
teen mekaar.

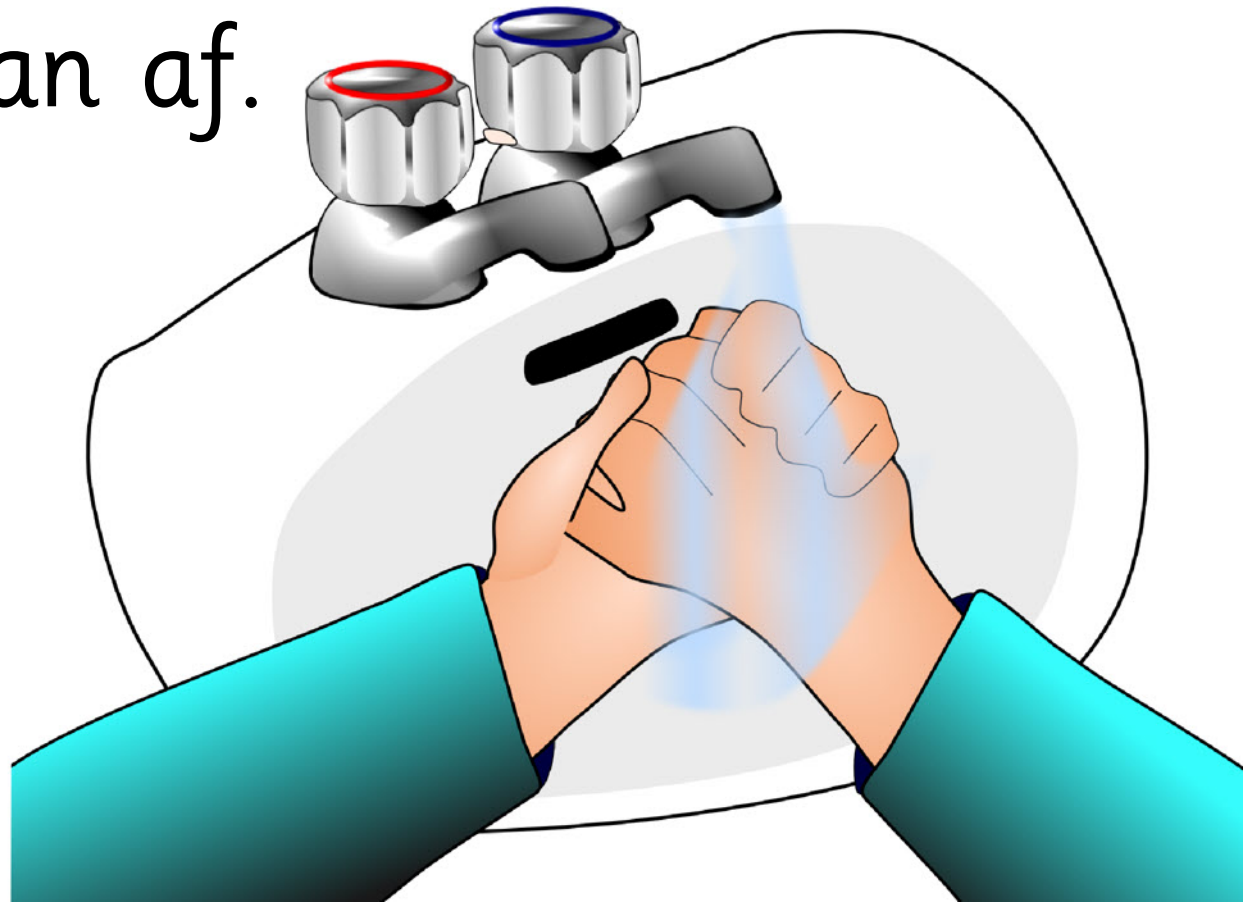
4



Hoe om jou hande te was

Spoel jou hande
onder die kraan af.

5



Hoe om jou hande te was

6



Droog jou hande af.