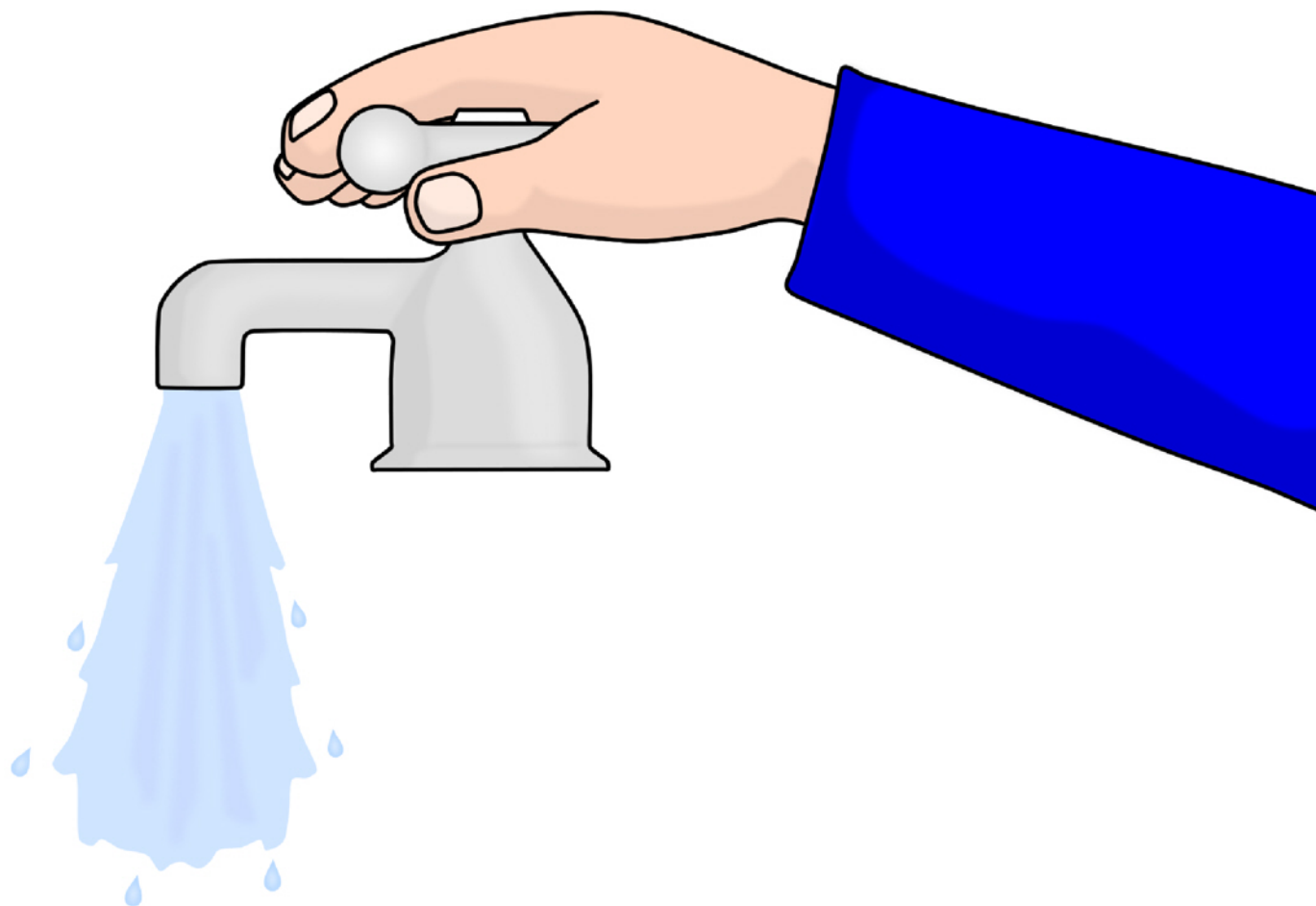


Hoe om jou hande te was

1



Draai die kraan oop.

Hoe om jou hande te was

2



Maak jou hande nat.

Hoe om jou hande te was

3



Sit seep aan jou hande.

Hoe om jou hande te was

3



Sit seep aan jou hande.

Hoe om jou hande te was

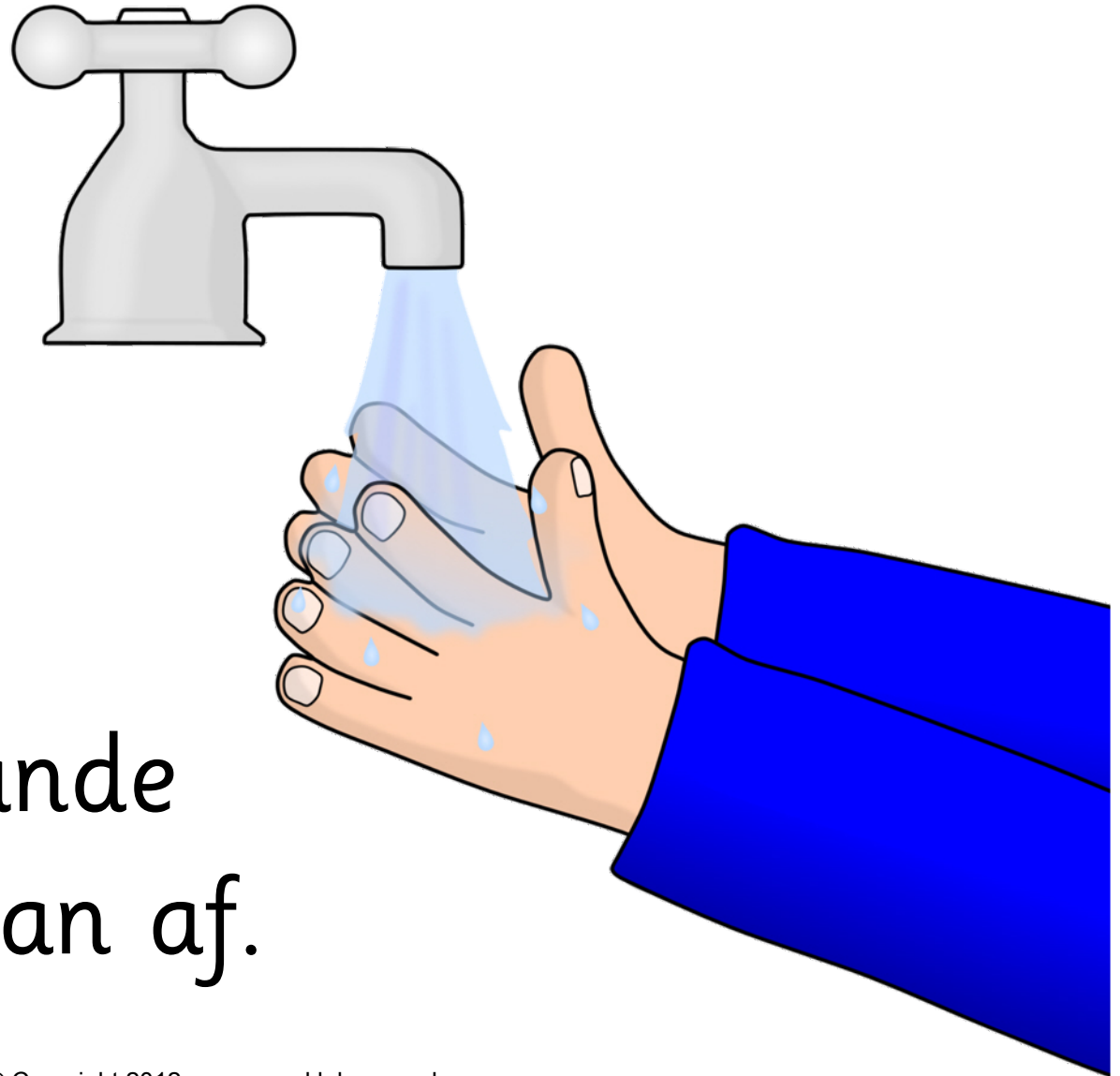
4



Vryf jou hande teen mekaar.

Hoe om jou hande te was

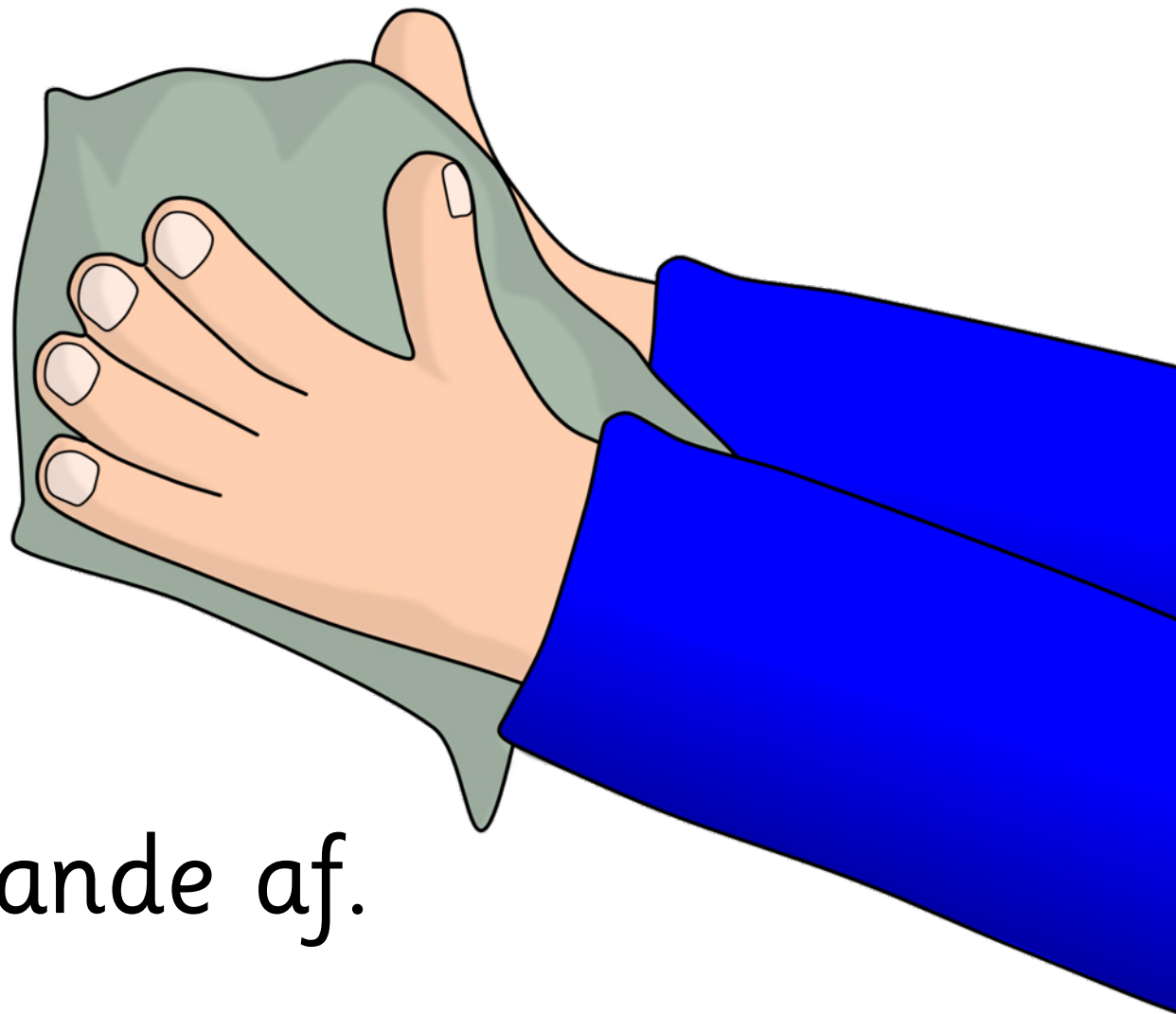
5



Spoel jou hande
onder die kraan af.

Hoe om jou hande te was

6



Droog jou hande af.