



Keeping Healthy and safe

Making soap

Making soap with the children is a great way to help them understand how to keep themselves healthy and use good hygiene practices.

Learning aims

- Understand how to keep themselves healthy (PD)
- Use good hygiene practices (PSE)
- Shape and measure (MD)
- Make choices (PSE)
- Be independent (PSE)
- Develop fine motor skills (PD)
- Communication and language skills (CL)

Resources

- Cornflour
- Shampoo (neutral PH/baby shampoo)
- Food colouring
- Measuring cups or spoons
- Bowls
- Spoons

Activity outline

In a small group, explain to the children that you are going to make soap. Ask them what they use soap for, and ask them to think about why we wash our hands. Then follow these instructions to make the soap!

- Help the children to measure out ingredients into their bowls - 2 parts cornflour to 1 part shampoo
- Ask the children to choose which colour they would like to make their soap and support them to add a small amount of food colouring to the cornflour/shampoo mix

- Encourage the children to stir all the ingredients and then model how to manipulate the ingredients together to make a dough
- Encourage the children to smell the dough and talk about what they like or dislike about the smell
- Throughout the activity, use words such as clean, germs, wash, etc and reiterate the importance of handwashing routines, checking children's understanding of when they should wash their hands e.g. after going to the toilet and before eating.

After the activity encourage the children to wash their hands with their soap and talk about what it feels like

Special considerations

Check for allergies before introducing children to the activity. Make adjustments to the recipe to allow all children to join in.