

Laundry Super Skills!

Materials Needed:

- Dirty laundry
- Laundry baskets (at least two if sorting)
- Laundry detergent (age-appropriate handling; student may only point/scoop under supervision)
- Washing machine
- Dryer or clothesline/drying rack
- Clean surface for folding or hangers

Introduction: The Quest for Clean Clothes!

Have you ever wondered how your clothes get magically clean after you wear them? It's not magic, it's laundry! Keeping our clothes clean is super important for staying healthy and smelling fresh. Germs and dirt can build up on clothes, but washing them helps get rid of them. Plus, taking care of our clothes helps them last longer! Today, we're going on a 'Laundry Super Skills' adventure to learn how you can help!

Activity 1: Sorting Superstars!

First mission: Sorting! Gather the dirty clothes. Why do we sort? We usually separate light colors (whites, yellows, light grays) from dark colors (blues, blacks, reds, dark greens) so the colors don't mix in the wash. Sometimes we also sort by fabric type (like towels separate from t-shirts). Let's practice! Make two piles: lights and darks. This involves bending and reaching - it's like a mini-workout!

Activity 2: Loading Legends & Detergent Duty!

Next, we load the washing machine. Grab one pile (let's start with lights). We need to put the clothes in, but not stuff it too full! The clothes need room to move around and get clean. Now, for the soap (detergent). Grown-ups usually handle this part, but let's look at it. We need to measure the right amount (too much is wasteful, too little might not clean well). **Safety Alert!** Detergent is strong! Never taste it, get it in your eyes, or leave pods where younger siblings or pets can reach them. Always wash your hands after touching detergent. Let's pretend to measure (or you can scoop under direct supervision).

Activity 3: Washing Wizards!

Time to start the machine! We need to choose the right settings. Ask your grown-up helper why they choose certain settings (like water temperature - cold water saves energy!). Once it's set, we press start. **Safety Alert!** Never open the machine while it's running, and never climb inside a washer or dryer - they are not toys!

Activity 4: Drying Dynamos!

Once the washer is done, the clothes are clean but very wet and heavy! Moving wet laundry is heavy lifting - good exercise! We can put them in the dryer or hang them on a clothesline/drying rack. If using a dryer, we need to make sure the lint trap is clean (ask your grown-up to show you - lint build-up can be a fire hazard!). If using a clothesline, reaching up to hang clothes is great for stretching!

Activity 5: Folding/Hanging Heroes!

The clothes are dry! Now it's time for the final steps: folding or hanging. This uses your hands and coordination. Let's practice folding some items like t-shirts and pants. Try to make them neat so they

fit in drawers nicely. Some clothes, like shirts or dresses, go on hangers. Once folded or hung, the last mission is putting them away in the correct drawers or closets. More lifting and carrying!

Conclusion: Laundry Champion!

Wow! You completed the Laundry Super Skills adventure! See how many steps there are? And notice how much moving around (lifting, bending, reaching, carrying) is involved? Doing laundry helps keep us healthy, makes our clothes last longer, and is a great way to help out around the house. It's also physical activity! What was your favorite part? What's one safety rule you'll always remember?