

## WASH WITH WORDS

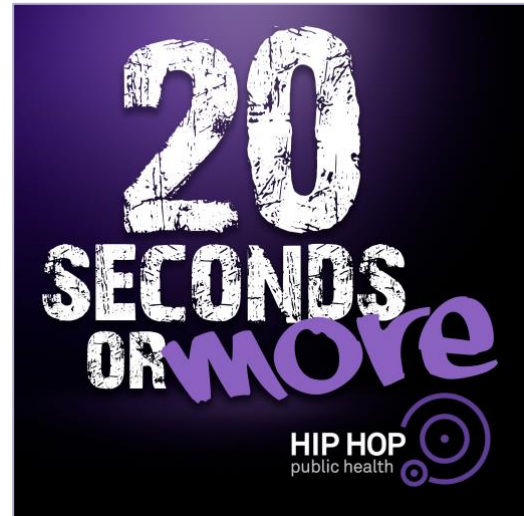
### ACTIVITY SET-UP & PROCEDURE

**Equipment:**

- 20 Seconds or More music file (Links available below or at [HHPH.org](http://HHPH.org))
- Wash with Words Phrases (Below)
- Wash with Words Brainstorming Page

**Get the Track... 20 Seconds Or More!**

- [YouTube](#)
- [Spotify](#)
- [iTunes](#)
- [Apple Music](#)



**Activity Procedures:**

- Today we're going to Wash with Words!
- [20 Seconds or More](#), is a Hip Hop song featuring legendary rapper Doug E. Fresh who co-wrote the song with multi-platinum producer, Artie Green and Gerry Gunn, along with medical oversight from our founder, Dr. Olajide Williams.
- This song was created by Hip Hop Public Health to empower YOU and your family with the right information, tools and resources to help stop the spread of COVID-19.
- Wash with Words is a fun way to interact with this amazing Hip Hop track with self-expressive dance.

**Here's how it works:**

- You and a friend or family member will create 8-count dance movements for 4 of the Wash with Words phrases below. There are 8 phrases listed, you can choose 4.
- Next, practice your dance moves and use the Brainstorming Page in this packet to create a dance sequence. Take time, practice your moves, and then (if you're brave) perform them for an audience! Feel like you really have it down? Post your dance using #20SecondsOrMore and tag @HHPHorg and @OPENPhysEd.org

### Wash with Words Phrases

<b>Slippery Soap</b>	<b>Big Bubbles</b>	<b>Freezing Water</b>	<b>Angry Wash</b>
<b>Slow Motion Soap</b>	<b>Head Bob Wash Routine</b>	<b>Speed Scrubbing</b>	<b>Happy Wash</b>