Germs Germs Go Away!

For younger students, although big kids might like to do it too:)

**Topic/skills:** good hygiene, education on germs, ways to help stop the spread of germs

**Activity materials:**

Option 1: Glitter, hand lotion, bowl, and small washable toys (optional)

Option 2: Flour, plate, and small washable toys (optional)

Option 3: Glitter, hand sanitizer, small bowl, paper, pencil

Option 4: Balloon,a pin, glitter, and tablecloth or garbage bag or something to catch the glitter.

**Activity:**

1. Show the brainpop video on hand washing using this link; <https://jr.brainpop.com/health/bewell/washinghands/>

There is a quiz after the video that you could do there is an easy and harder version of the quiz.

-Other questions and things you can talk about after the video

-Why do you have to wash your hands?

-How do you wash your hands? Review the steps

-When should you wash your hands?

-Who needs to wash their hands?

\*I would note that even with good hand washing sometimes people still get sick, but this is something that we can do to help.

**Or**

Read this book together called, [Germs Are Not For Sharing](https://www.getepic.com/app/read/68830) using this link on Epic.

**Option 1: To show how easily germs can spread (for those not afraid of a little glitter)**

1. In a small bowl mix some glitter with the hand lotion.
2. Then have your child put some “germs” on their hands
3. Shake hands with each other or pick up the toys, now you can see how germs are spread.
4. Now practice washing their hands the right way and the toys

**Option 2: To show how easily germs can spread** (for glitter haters)

1. Spread ¼ cup of flour on a shallow plate
2. Then have your child put their hands in the flour firmly and have them imagine the flour is germs.
3. Hand them the plastic toys and let them play with them for a moment or two. Or they can shake hands with you.
4. Have them look at how much flour/germs there are on the toys now.
5. Now practice washing their hands the right way and the toys

**Option 3: To show how germs can easily be spread + a drawing activity (glitter)**

1. Have your child trace their hand on the paper and draw what they think a germ looks like inside the outline of their hand.
2. Mix a small amount of glitter in the bowl with a small amount of hand sanitizer
3. Put some of the glitter mixture “germs” onto their hands and have them rub them until they are dry.
4. Have your child place their hand on the paper where they traced and drew. (fingers crossed that some of the germs transfer to the paper).
5. Can touch other things if you are comfortable with the glitter getting on other things. They can shake hands with you.
6. Ask them what happened to the “germs”
7. Practice washing hands the right way.

**Option 4: To show how germs can spread when you sneeze or cough**

1. Spread the table cloth or garbage bag out on the floor
2. Put a teaspoon or two if you are daring, of glitter into a balloon, blow it up, and tie it.
3. Talk about how the balloon is like our mouth and noses
4. When we sneeze or cough, germs go flying out and spread into the air and on everything close by.
5. Demonstrate this by popping the balloon and watching the glitter fly out. Hopefully most of it will go on the garbage bag or table cloth. You can dramatically fake cough or sneeze while doing this for extra flair.
6. Finish up by talking about how important it is to cover coughs and sneezes in a tissue or in their elbow.