

LEARNING ABOUT GERMS AND HANDWASHING WITH GLITTER

Objectives/Goals:

1. The child will understand and see that germs can transfer from one surface to another.
2. The child will learn how to eliminate germs by washing hands with water and soap for at least 20 seconds.

Materials:

Lotion *or* Cooking Oil

Glitter *or* Spices/Food (such as ground cinnamon or cocoa powder)



Procedure:

1. The adult should introduce the lesson, explaining that we are learning about germs and how they spread. To engage your child, ask your child where they think germs live. After listening to the answers, tell your child that germs are everywhere and they are going to see how germs spread.
2. Show your child your hands and have them look at their hands. Ask your child if they can see any germs on his/her hands. Explain that germs are small and cannot be viewed by human eyes.
3. Show your child the glitter or spice. Explain that the glitter (or spices) will serve as the germs. We are going to see if germs spread or not. If germs spread they (or the glitter/spices) will move from one person to the next.
4. Next, put oil or lotion on your child's hands. A little extra on the child's palms will help the glitter/spices stick more. Pour glitter into the palm of your child. Have him/her spread the glitter all over his/her hands. Have your child look at his/her hands, asking if they can see the germs (glitter/spice) now.
5. Ask your child to touch your hand, a paper towel, their favorite toys, doorknobs, etc. and see if the germs continue to spread. Observe and discuss what happens to the glitter "germs."
6. Hand Hygiene and Getting Rid of Germs - Have a discussion about how your child thinks they can get rid of the glitter or germs. Let them try using a paper towel or just plain cold water (no soap) to see if that works.
7. Tell your child that washing their hands with water and soap for at least 20 seconds is a way to kill the germs. Have the child practice washing their hands by singing the ABCs together or Happy Birthday (twice).

Fine Motor Follow-Up Activities

- These coloring pictures are a fun way to reinforce this lesson's key points - <https://crystalandcomp.com/kid-color-pages-a-sick-day-and-spreading-germs/>
- Have your child trace their hand then cut out the handprint. Then have your child draw a "germ" (can show an example) on the hand. Your child can then write about the key points on lined paper.

Sensory Tips

- Overall this is a great sensory activity where the child will have the opportunity to have "messy hands" and feel different textures. The feeling of lotion and glitter with different smells may be a lot for your child to tolerate. Please be cognizant that this can be a strong sensory experience for a child.