

# Glitter Germs! Activity

**Materials:**

Glitter (gasp!)

Enough stickers for all participants

Large wash basin

Soap

Water

Paper towels

Trashcan

Vacuum and or broom and mop (you'll need them!)

**Objective:**

Children will learn how germs are passed from one person to another.

**Lead-in:**

Discuss what germs are and how we can't see them. Ask children what they might think germs look like. Talk about what happens in *Bear Feels Sick* when Bear's germs spread to his friends.

**Activity:**

1. Sit with the children in a circle. Put the wash basin, paper towels, and trashcan in the middle.
2. Tell the children that the glitter are pretend germs
3. Put a small amount of glitter in your hand.
4. Shake the hand of the child next to you. (Make sure to get lots of glitter on his hand!)
5. Have that child show his hand to the group.
6. Have him (gently) shake the child next to him. Have her shake hands with the child next to her. If the child doesn't want to shake hands, have her shake the next hand.
7. Go all the way around the circle.
8. Meanwhile, talk about when to wash hands (after playing with pets, after playing outside, before meals, after going to the bathroom, etc.)
9. Have the last child show her hands.
10. Ask the children how they can get rid of the germs on their hands.
11. Show the children how to take turns to wash their hands top, bottom, and in-between. Then they should dry their hands and put the towels in the trash.
12. Have the children show the group their clean germ-free hands. Are they clean? No? Better wash some more!

**Wrap-up:**

Ask the children why it's best to wash your hands often. Review when to wash hands. Praise the group on their good hand washing. Give all participants a high-five and a sticker.