Activities for "Wash Your Hands"

How are Germs Spread?

Squirt hand sanitizer onto your child's hands, then sprinkle on glitter and have them rub their hands together. Next, have them shake hands with others and touch a few objects around the room. Ask everyone to look for the glitter that has spread. Explain that germs spread the same way—but unlike glitter, they're invisible. Finally, have your child wash their hands thoroughly with soap and water to see how washing helps remove "germs." https://www.icanteachmychild.com/how-are-germs-spread/

Bread Mold Experiment

Lightly dampen several slices of bread and place each one in a separate plastic bag. Leave one slice untouched. Have children handle another with unwashed hands. Wipe a third on a classroom surface before sealing the bags. Label each bag. Observe and compare the mold growth to see how germs spread and why good hygiene matters. 15+ Activities for Germs That Make Hygiene Fun

Catch the Germ

Assign 3-4 taggers and give each of them a foam ball. Their goal is to tag anyone else, but it must be with the ball (tagging with hands or throwing the ball is not allowed). When they successfully tag someone, they pass along the "germ" and the person who was tagged will take the ball and try to tag someone new. https://worksheetzone.org/blog/activities-for-germs

Glow-in-the-Dark "Germs"

Apply glow-in-the-dark powder or lotion to students' hands to represent germs. Have them wash their hands using different methods: a quick rinse with water or a thorough wash with soap and water. Then, shine a UV light on their hands to reveal which method removed the most "germs." 15+ Activities for Germs That Make Hygiene Fun

Lotion and Pepper Germ Demo

Fill a shallow bowl or plate with water and sprinkle black pepper to represent germs. Have children touch the water with a clean finger, then dip a soapy finger into the water and watch the pepper quickly scatter. Explain that soap helps lift and wash away germs, while water alone isn't as effective. 10+ Germ Activities for Kids That Make Hygiene Fun