

# Glitter Germs



If you're fed up with having to constantly remind the children to wash their hands before eating and after using the toilet, try this is very simple, but very effective activity to practically reinforce the need for hand washing.

## Equipment:

- Hand lotion
- Glitter - a couple of different colours
- Washing up bowl with warm water
- Paper towels

## Method:

1. Get the children to sit together in a group, and look at their hands.
2. Ask them if they think their hands are clean.
3. Next squeeze a small amount of hand lotion on the palm of every child and get them to rub it in.
4. Sprinkle some glitter on to the hands of a couple of the children, explaining that the glitter represents the germs. Use different colours for different children if possible.
5. Ask all the children in the group to shake hands.
6. When everyone has shaken hands, get the children to look at their own hands again, and explain that the germs travel from person to person like the glitter.
7. Give each child a dry paper towel to clean their hands on, and having done this get them to examine them again - they should still have glitter on them!
8. Finally get the children to wash their hands using soap and water - the glitter should now be washed off.
9. Finish by asking the children why they need to wash their hands before eating and after using the toilet. Hopefully they will reply "To get rid of the glitter / germs".

## Areas of learning and development:

KUW (Knowledge and Understanding of the World)  
PSED (Personal, Social and Emotional Development)

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