



## WASH YOUR HANDS

### SUPPLIES:

Coloring Supplies [Paper, Markers, Crayons, etc.]

Glitter [spices like paprika or pepper, suspended in oil, work if you don't have glitter on hand]

Water

Soap

Stopwatch

### INSTRUCTIONS:

1. Talk to your kids about things we touch with our hands, ask them to draw pictures of those things. You might suggest a few things – like door knobs, faces, or other people.
2. Ask your kids to put “germs” on their hands. Then see what happens when they touch their pictures and watch the germs spread.
3. Try washing your hands without soap (just water), you'll find most ‘germs’ still stick to you.
4. Finally, wash your hands with soap and water. Start a timer to see how long it takes to remove all the "germs"