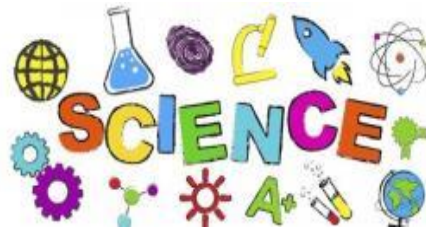


# LEARNING: Germs & Hand Washing



Mindstretch children love a good scientific display! Experiments are a creative, versatile way to explore big topics like **GERMS and SOAP to fight them.**



Here we give you an educational science experiment that will be sure to impress and entertain your little ones, while giving them a more concrete understanding of germs and how to fight them.



This is an excellent opportunity to practice some **HAND WASHING.**



- ✓ Break down hand washing. Keep each step focused on only one action.
- ✓ Have fun practicing!
- ✓ Use a visual schedule. Perhaps paste it over the basin?
- ✓ Maybe play the ABC song while you wash (or teach your child to sing it). It is 20 seconds long ... the ideal hand washing time.

## Glitter GERM Experiment

This helps kids to actually **see** the 'germs' and so helps them **understand** how soap, handwashing and germ prevention work.

### You will need:

- ▶ Dishwashing soap.
- ▶ Glitter OR ground black pepper OR cocoa powder.
- ▶ A shallow dish of water.

### What to do:

- ▶ Sprinkle the glitter / pepper / cocoa onto the surface of the water. These are the 'germs'.
- ▶ Have your child dip their finger into soap and then gently dip it into the water.
- ▶ Watch the germs scatter!
- ▶ Try to catch them while you have soapy hands ... it's hardly possible.



### For a variation:

- ▶ Sprinkle the 'germs' as above, and then dribble soap into the middle.
- ▶ Once again the germs will scatter, 'running' for the edge of the dish.

This, Children, is the **SUPERHERO** power of **SOAP!**

## Toys Sensory Wash

Have your child wash their washable toys in warm, soapy water. It's simple, but helps familiarise them with water, soap and cleaning in a fun, sensory-pleasing way. Use an old toothbrush for scrubbing.

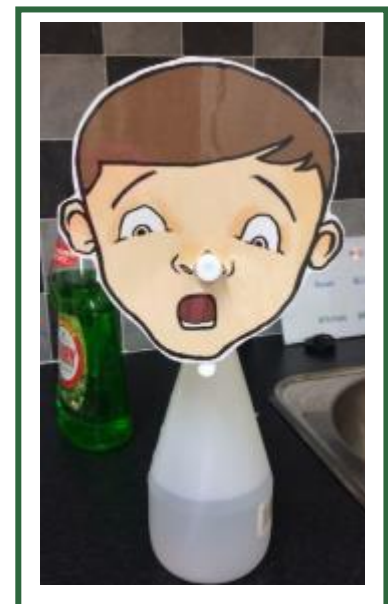
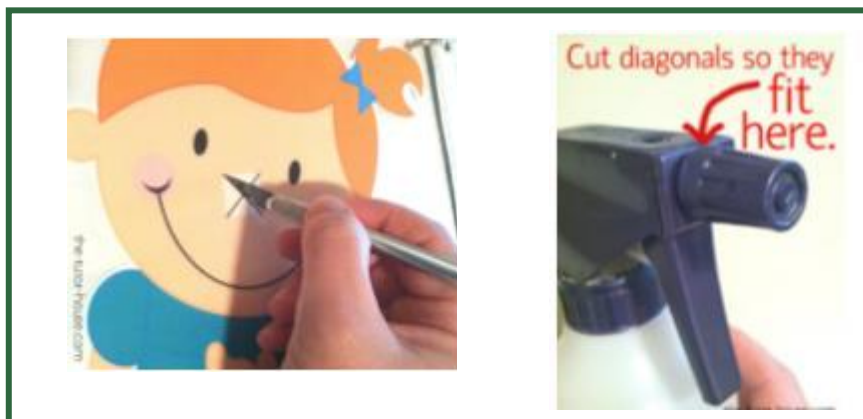


## Cough & Sneeze – Cover It Please

Use a little saying to drive home the importance of covering a sneeze.

And now have some fun demonstrating a sneeze and why a tissue or elbow is needed ...

- ▶ Draw or print a face on paper.
- ▶ Cut a little hole in the nose and attach a spray bottle through the nose to act as a 'sneeze'. (Covering the face in cellotape will help it last longer.)
- ▶ Pull the trigger. **Yuk!**
- ▶ Now do it again but use a tissue to block it.
- ▶ Put the dirty tissue in the dustbin right away!



## Please wash hands after the Sneeze Game!

Wash your hands:

- ✓ After using the toilet.
- ✓ Before you eat.
- ✓ After playing outside.
- ✓ After you touch or play games with another person.
- ✓ When you sneeze or cough!