

4 germ-y activities for kids

Germ education doesn't have to be boring, and it shouldn't be. Try one of these activities.



Glitter germs

Show how germs spread

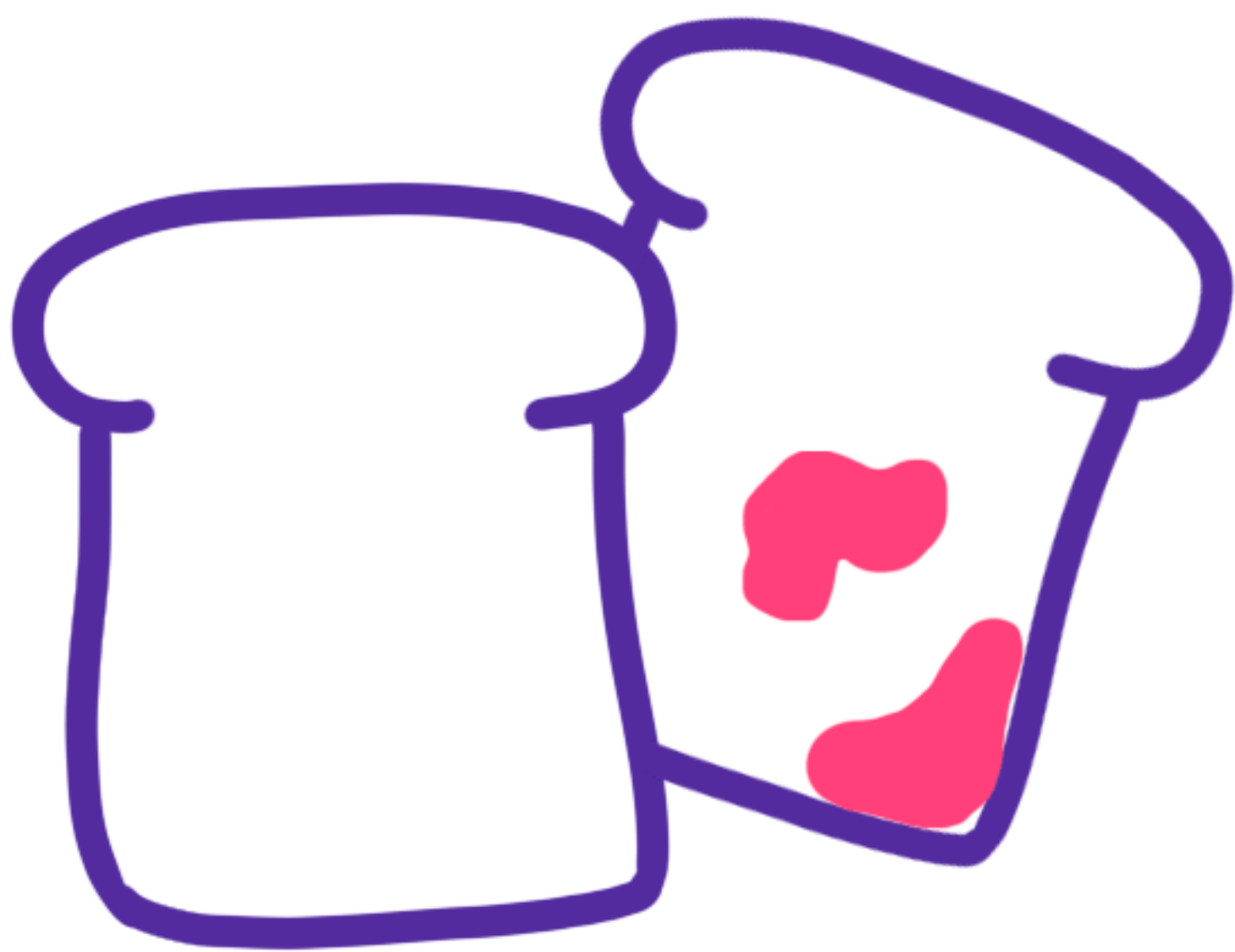
- Put glitter in one child's hand.
- Instruct the child to interact with other people.
- Explain how the glitter is like germs as it transfers to other people.



Pepper bowl

Teach the power of handwashing

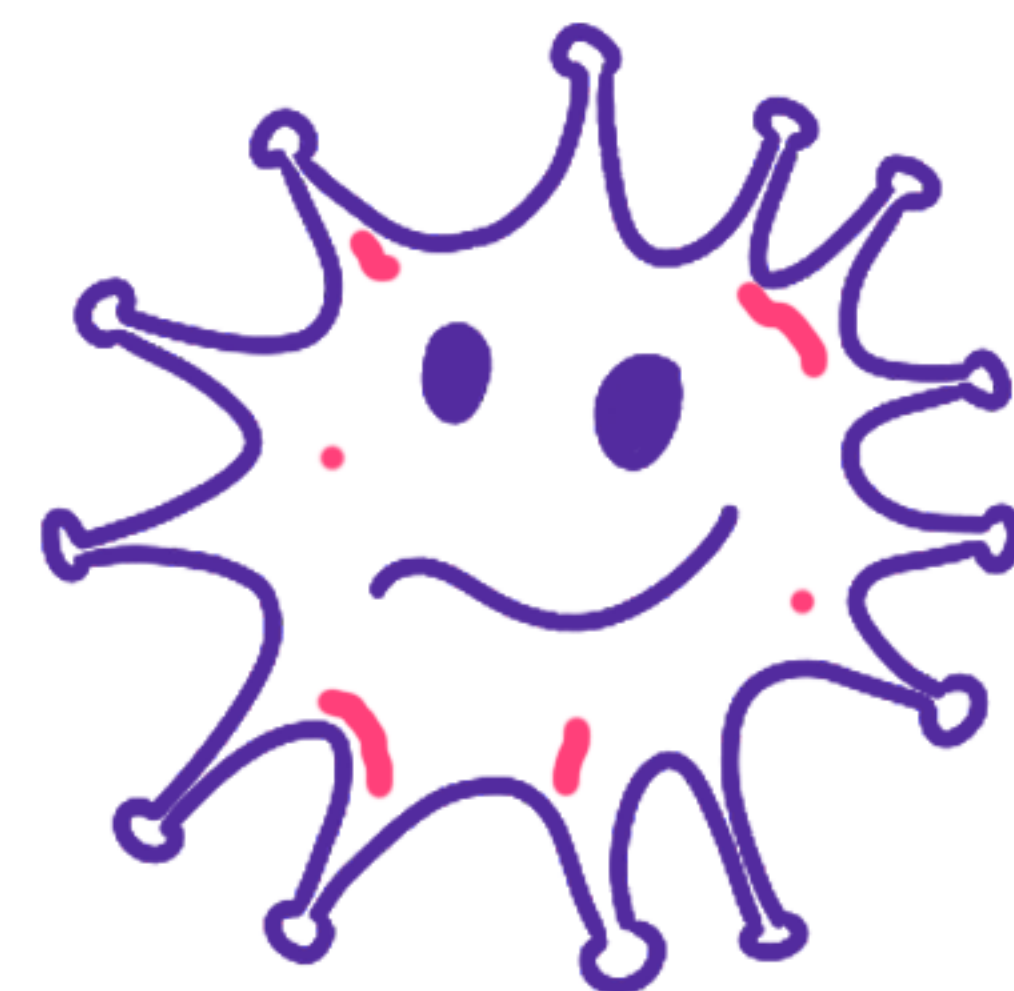
- Sprinkle pepper on top of a bowl of water.
- Dip a dry finger into the bowl, and watch the pepper cling.
- Dip a soapy finger into the bowl, and watch the pepper move away.
- Explain how pepper is just like germs.



Pass the bread

Demonstrate the effect of unwashed hands

- Have kids handle one slice of bread with freshly washed hands.
- Handle another slice with dirty fingers.
- Put the bread in a bag and wait.
- Spoiler alert: One of the pieces will develop yucky green mold.



Germ model

Create a fun reminder to wash hands

- Sculpt a germ model out of clay or playdough.
- Attach eyes and give it a name.
- Place it where kids need a hygiene reminder—like near the bathroom sink.