

30 mins

Now is a great time to teach your child to cover their nose and mouth when they sneeze to avoid spreading germs. By far the best method is to sneeze into the crook of your arm, avoiding sneezing into the hands, which can spread germs when touching other people and objects.

## Science

A sneeze can travel up to 100 miles an hour! Which is why if we are not careful, a sneeze can easily spread colds and other viruses between people. It is our body's way of getting rid of something in our nose that shouldn't be there.

### Top Tip

Have fun with your kids making big "Achooo!" noises as you make your sneeze art!

### How to:



Fill the spray bottles with different colours of watered down paint.



Tape the paper to a vertical surface such as an easel or a wall or fence in the garden.



Spray your colourful 'sneezes' all over the paper making beautiful patterns.