

30 mins

Science

When taking care of children under five we can sometimes feel like they go straight from one cold or illness to the next. It's easy for bacteria and viruses to spread between little ones when they are playing with the same toys at nursery, playgroup or at parties. Washing our hands is the best way to stop the spread of the germs that make us sick.



This is a good activity to do with a small group of children or with the whole family.

How to:



Put a drop of lotion on everyone's hands and have them rub their hands together to spread.



Sprinkle a small amount of glitter in everyone's hand. Make a fist and press your hands together to see how the glitter moves.



Try wiping your hands with a paper towel. Try using soap and water to wash your hands.