

Glitter Activity

LESSON AND ACTIVITY | Glitter activity

GRADE LEVEL | 1st to 3rd grade

ESTIMATED TIME | 15-20 minutes

OBJECTIVE | To show how germs spread and to teach children the right way to wash their hands

MATERIALS

- Glitter
- Unscented hand lotion
- Bucket or trash can
- Hand soap
- Water

ACTIVITY INSTRUCTIONS

Step 1 | Ask for a student volunteer.

Put a drop of unscented lotion on the student's hands. Ask the student to rub his or her hands together to spread the lotion evenly. Have the student place his or her hands over a bucket or trash can. Place a pinch of glitter in the palm of one hand.

Step 2 | Ask the student to make a fist (over the bucket or trash can).

Then ask the student to spread their fingers out. Say, "What do you notice?"

Step 3 | Ask the student with glitter to rub his or her hands together

and then touch another student's hand.

Step 4 | Ask both students to wipe their hands clean

with a paper towel in front of the group. Ask, "What do you notice?"

Step 5 | Ask both students to wash their hands

with soap and water. Ask, "Did all the glitter come off?"

Discussion: Lead a discussion about what happened. The students should have noticed that the glitter spread from hand to hand and to the other student. The paper towel did not remove all the glitter, but hand washing the right way should have. Of course, real germs are so small that they can be seen only with a microscope. However, explain that germs are like glitter—there are a lot of them, they spread easily, and it takes proper hand washing to get rid of them. Explain that it is important to wash hands the right way to get rid of germs and to lower the chance of getting sick or making someone else sick.