

# GERM GAMES

**TEACHING YOUR KIDS ABOUT GERMS WILL HELP KEEP THEM HEALTHY.**

These quick and simple activities are a fun way they can visualize how germs spread, and how washing hands with soap can help the germs go away!

## FLOUR GERMS

This activity will help show your kids how easily germs can spread from their hands to other surfaces after they've coughed or sneezed:



- 1 Spread  $\frac{1}{4}$  cup of flour on a plate
- 2 Have your kids press their hands down firmly in the flour, telling them to imagine the flour is germs
- 3 Give your kids a couple of plastic or wooden toys to play with that are easy to wash, like blocks or LEGO Duplos
- 4 After a few minutes, ask your kids to stop what they're doing and examine the toys
- 5 They will notice how much of the flour has transferred from their hands onto the toys

## BLACK PEPPER GERMS

This activity will help show your kids the importance of using soap to get rid of germs when they wash their hands:



- 1 Grab a large bowl and fill it  $\frac{3}{4}$  full of water
- 2 Sprinkle black pepper on top – enough so you can see floating pepper but not so much you can't see water underneath
- 3 Tell your kids to imagine the pepper is actually germs
- 4 Add a couple drops of dish soap to the bowl
- 5 Watch as the "germs" run away from the soap and cling to the sides of the bowl