Glitter Germs Activity

Preschool aged children sometimes forget to wash their hands, which can spread germs. This activity shows children how germs spread and how washing their hands prevents the spread of the germs. The activity works best outdoors, but can be done indoors if you don’t mind sweeping up a little glitter.

You’ll need:

- Fine glitter powder (available at craft supply stores)
- Dark-colored construction paper (black, blue, purple)
- Scissors
- Paper plate

Instructions:

- Have your child cut out the hand shape below, and trace it onto two different pieces of construction paper.
- Pour glitter onto paper plate.
- Have child place hand onto glitter, getting as much of the powder onto her hand as possible.
- Have her place her hand onto one of the pieces of paper, and instruct her to press down hard and “smoosh” the glitter around.
- Now, have her wash her hands thoroughly with soap and water, dry her hands and place her hand on the other sheet of paper.
- Explain that the glitter is like germs and gets on everything, but when you wash your hands, the germs go away and the paper stays clean.