

Glitter Germs Lesson Plan

“Seeing the spread of germs”

Created by: The Alliance for Consumer Education

www.stopgerms.org



A foundation dedicated to advancing community health and well-being.

1667 K Street, NW
Suite 300
Washington, DC 20006
P:202.862.3902
F:202.223.2636

E-mail: info@consumered.org

Objectives/Goals:

1. Students will understand and see that germs can travel from one surface to another.
2. Students will learn how to eliminate germs by washing their hands with warm water and soap for at least 20 seconds.
3. Students will sign a pledge helping to stop the spread of germs by washing their hands with warm water and soap for 20 seconds.

Materials:

- Lotion (enough for each student to rub some on their hands- preferably numerous small bottles instead of one large- or can be distributed into smaller containers)
- Glitter (numerous colors)
- Germ Packet (included- page 3-5 in the packet-print one for each child)
- Scissors
- Glue
- Coloring supplies (markers, crayons, colored pencils)

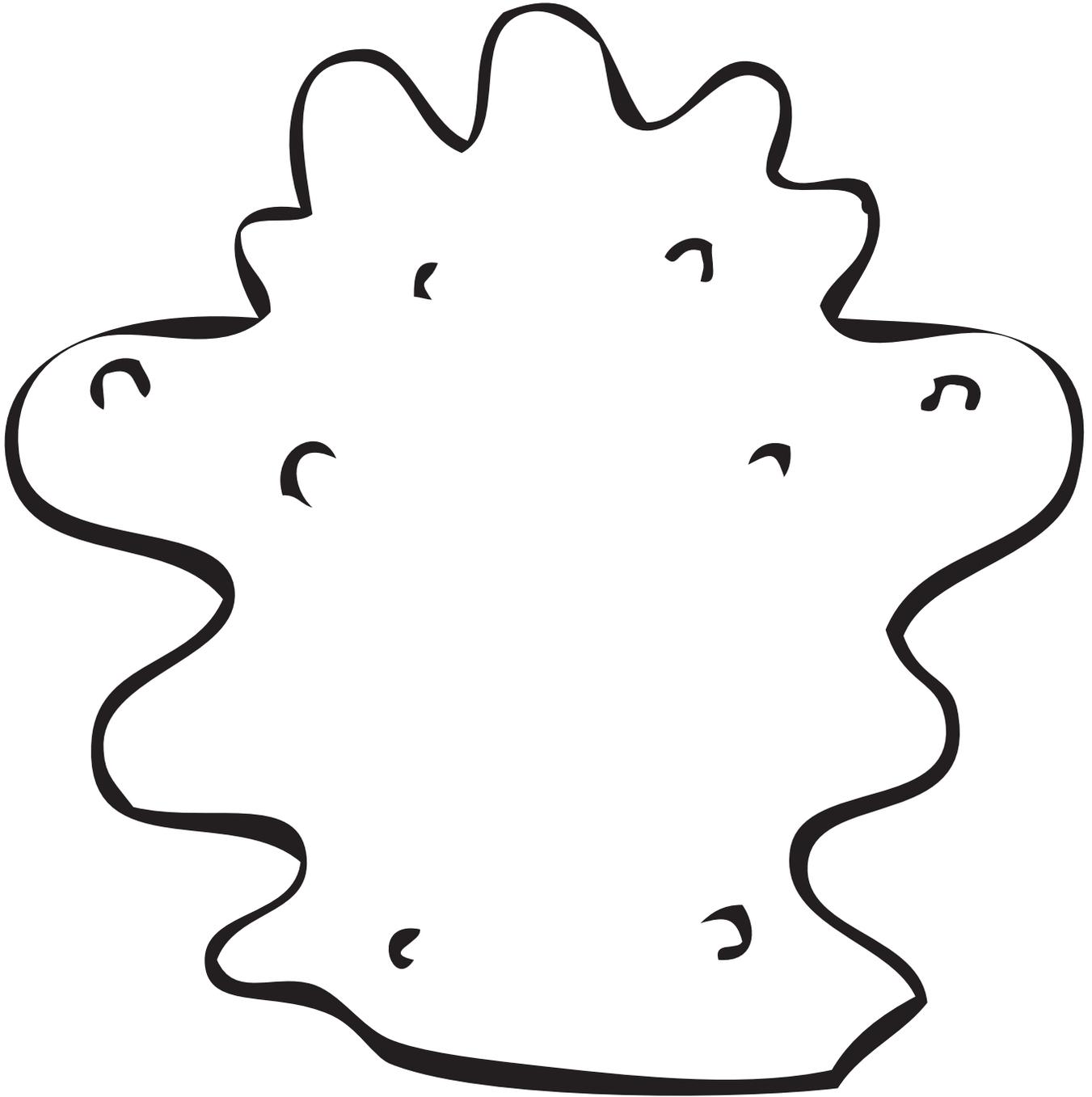
Procedure:

1. Introduce lesson- going to be talking about germs and how they spread. Ask students where they think germs live. After collecting a variety of answers, tell students that germs are everywhere and they are going to see how germs spread and make it to different places.
2. Have three volunteers to demonstrate the activity. Ask the volunteers to show the class their hands. Ask the class if they can see any germs on the students' hands. Explain that germs are small and cannot be viewed by human eyes.
3. Show the class the glitter. Explain that the glitter will serve as the germs. The class is going to see whether or not germs spread. If germs spread they (or the glitter) will move from one student to the next.
4. Put lotion on the first volunteer's hands, having the volunteer rub the lotion in some, but not completely. The extra lotion on the palms of the hands will help the glitter stick more. Explain to the students that the lotion is serving as sweat. Our hands sweat after playing outside, after writing with a pencil, and many more activities. The lotion is acting as our sweat.
5. Pour glitter into the palm of the first volunteer. Have him/her bring her palms together and rub his/her hands together- spreading the glitter all over his/her hands. Show the class his/her hands, asking if they can see the germs (glitter) now.
6. Have the second volunteer rub lotion in on his/her hands- again not rubbing it in completely. Now have the first volunteer and the second volunteer high five, but keep their hands touching after the five

hands. Now have the two volunteers rub their hands up and down against the other's hands- this will demonstrate how germs spread from the first volunteer to the second.

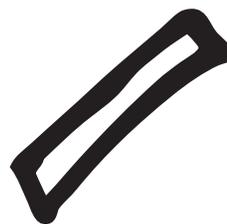
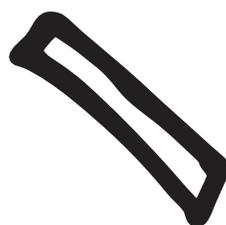
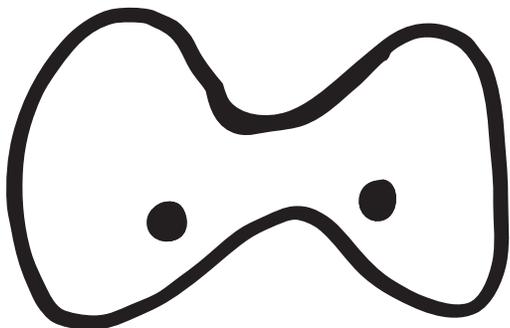
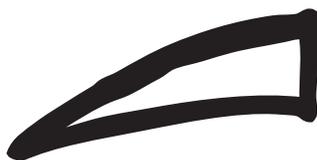
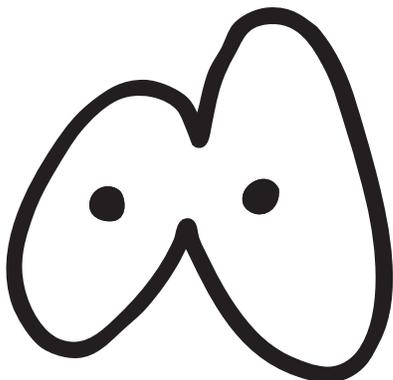
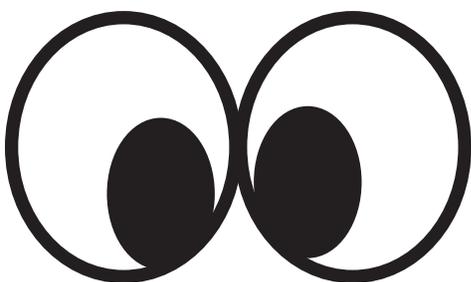
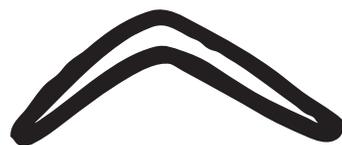
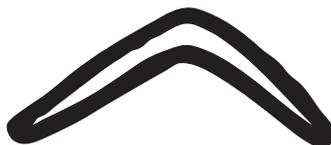
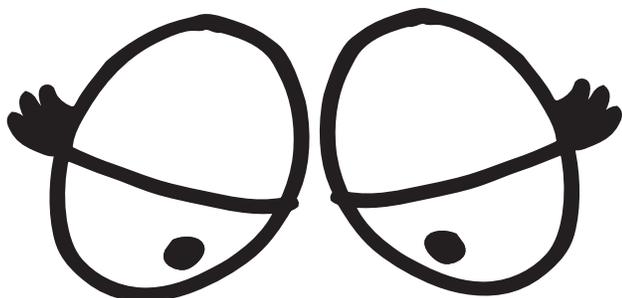
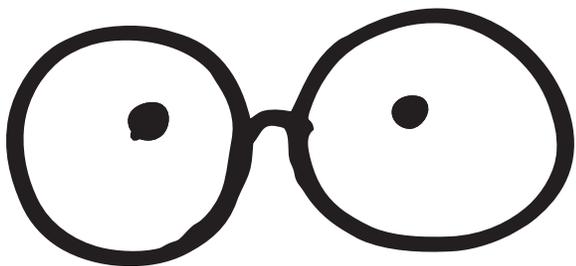
7. Have both volunteers show the class their hands.
8. Repeat the process with volunteer three, having him/her put on lotion and rub hands with **volunteer number 2**. Show the class all three volunteers' hands.
9. Explain the glitter started on the first volunteer and made it all the way to the third volunteer even though the first and third volunteers never touched each other. This shows that germs spread from people to people and if someone is sick or sneezes into their hands they could spread germs around to everyone in the class, even if they don't teach every single person. The class shares pencils, pens, and other supplies. We all touch each other's desks. All of these surfaces are places for germs to live and spread.
10. Allow all students in the class to participate in the glitter activity.
 - a. Divide students into small groups (3-5 people). Give each group lotion and glitter. Have the groups determine their order and get in a line. Remind them to put the lotion on right before their turn. Depending on age, students can pour their own glitter or the teacher can pour the glitter into the hands of the first volunteer for each group. Putting a pre-determined amount of glitter into a small bowl can allow students to pour their own glitter, but the controlled amount will help limit the mess. The amount of glitter will depend on the size of the group as it will need to spread to every student.
 - b. Possible extension: Give each group a different color glitter. After each group has completed spreading the germs (glitter) within their group, allow them to find students to rub hands with from other groups. After allowing students to float around rubbing hands with students from other groups have them look at their hands and see how many colors of glitter they can see. Each color represents germs that they have picked up from another group.
11. At the end of the activity, as students stand with glittery hands, have a discussion about how the students think they can get rid of the glitter or germs. (Looking for washing hands, disinfectant wipes, etc.)
12. Tell students that washing their hands with WARM water and soap for at least 20 seconds is a way to kill the germs so they can no longer spread throughout the classroom. Have the kids practice washing their hands for 20 seconds by singing the ABCs together or Happy Birthday (twice).
13. Allow students to wash hands at sink or in prearranged water buckets with soap and towels available.
14. As students clean off their hands, distribute the Germ Pledge packet to each child (page 3-5 of this packet).
15. In the packet, the students will be able to decorate and name their germ completing the pledge: "I pledge to stop (insert germ name) from traveling around (insert place) by washing my hands with warm water and soap for 20 seconds." Students will then be able to use page 4 and 5 of the packet to create their germ; picking a set of eyes, eyebrows, a mouth, and a nose. They will cut out the pieces and glue them to the pledge page. They may then color the germ.
16. Pledges can be hung around the classroom to remind students of the pledge they made to help stop the spread of germs in the classroom.

I, _____, pledge to stop _____ from
(insert student name) (insert germ name)
traveling around my _____ by washing my
(insert place- school, house, etc.)
hands with warm water and soap for 20 seconds.



My germ's name is _____

Pick one set of eyes and eyebrows. Cut. Paste on germ. Color.



Pick one mouth and nose. Cut. Paste on germ. Color.

