**Transmission Glitter**

**At Home Activities**

**Supplies:**

* Glitter in different colours
* Timer
* Bowls
* Sink
* Soap

Put a small amount of glitter in a bowl. Each colour glitter should have its own bowl. Assign the different colours to diseases, such as red for the flu, or blue for a cold. Dip your hands into the one of bowls of glitter and rub your hands in the glitter. There should be glitter stuck to your hands. Walk around the room for 2-3 minutes shaking hands with other people in your household.

After 2-3 minutes, check to see where the glitter has spread, and which colours/diseases everyone has on their hands. Check if anyone touched their face or hair, and discuss how germs enter the body. Where in the room can you see the glitter? Check table tops and door handles.

Germs and glitter both spread very easily. Discuss how quickly germs can spread from one person to another. It only takes one person not washing their hands to infect a room full of people. Now wash your hands with soap and water for 20 seconds and see how much glitter you have removed. Discuss how soap aids water in washing the away the germs and that’s why it’s important to use soap every time you wash your hands.

