

# How do germs spread?



This activity helps kids see just how easily small germ droplets can be passed from one person to another.

When you sneeze or cough on your hands, small particles stick to your hands and can then be passed to everything you touch.



## 'Sneeze' or 'cough'

Pretend you've sneezed or coughed and dip your hand into the 'germ' bowl (you may need to wet your hand first).



## 'Transmit' and 'infect'

Now give your friend or relative a high 5 or touch your face and watch the 'germs' spread.



## Wash away those 'germs'!

It's important that you wash your hands for **at least 20 seconds**. To help children understand how long this is, try singing your favourite song – *Twinkle, twinkle little star* works well or two rounds of *Happy birthday*.

### You'll need:

- A bowl with your chosen 'germ' – ideas include glitter, sand, flour and sprinkles
- A bowl filled with clean water or access to a sink
- Hand soap or if out and about, wipes/hand sanitiser

### Like this?

Visit our website [teachtold.com.au](https://teachtold.com.au) where you can find more fun activities and advice to help your child learn through play. If you have loved ones who are unwell you might also like our book, *Ted goes to hospital*, which helps reduce the anxiety children can feel when someone they care for isn't well.

Your purchase helps us to provide more free resources to families in need.

**We'd love to hear your story too!** Share with us on facebook or Instagram by tagging [@teachtold](https://www.facebook.com/teachtold) or email us at [chat@teachtold.com.au](mailto:chat@teachtold.com.au)



### How toys can help

Children, particularly younger ones, are super keen to please you. This can sometimes mean that they try to say what they think you want them to.

Why not ask Ted? By talking through a toy, kids can feel more comfortable in expressing their feelings.

### Use the magic words

Try starting your conversation with 'I wonder...'

I wonder what Ted is thinking right now...

I wonder if there is something Ted would like to do next.