

ACTIVITY 2

Germ-spreading activity

By completing this slightly messy activity, your Beavers and Cubs will learn how easily germs are spread from person to person. It will also highlight the importance of washing their hands properly and regularly.

Suitable for **Beavers and Cubs**

You will need:

- lotion or moisturiser
- glitter
- washing-up bowl
- soap
- towel

Time:
20
minutes

What to do

1 Split the young people into two teams and ask your Beavers/Cubs to place some lotion/moisturiser on their hands so they are well covered.

2 Place a moderate amount of glitter in the hands of the first team. Ask them to then go round to the other team and shake their hands. Eventually everyone should have shaken everyone else's hands.

3 Now, ask everyone to look at their hands to see if they have any glitter on them (they should all say yes). Explain that the glitter is meant to represent germs and how they are easily passed from one person to another and across surfaces.

4 Ask them if they would be willing to eat without washing their hands (they should all say no). Discuss this and link it to the spread of diseases in developing countries due to lack of hygiene education, as well as access to water and sanitation facilities.

5 Next, you should try to wash the glitter off of your hands without soap to illustrate that even though your hands are wet the glitter is still there, showing that washing your hands with just water is ineffective.

6 Now add soap to your hands and wash the glitter off easily, dry your hands and show your Group. Highlight to them the importance of washing their hands with soap as well as water.

7 Ask them to repeat this hand-washing exercise themselves so they fully understand the importance of thorough and regular hand washing.

More info

Find out more about the A Million Hands campaign in your copy of Scouting magazine. Get involved and register your interest at: scouts.org.uk/communityweek

WaterAid