

Hand Washing Activity

Explain that since we cannot see germs, we have an interesting activity to help us see “germs” on our hands and how hand washing can remove these “germs”.

1. Have participant(s) apply a very small amount of the Glitter Bug™ lotion to their hands and rub in well.
2. Shine the UV light over their hands, looking for purple effervescent spots. These are to represent germs.
3. Have the participant(s) wash their hands and dry them.
4. Shine the UV light over their clean hands, paying attention to the cuticles, around rings, knuckles and spaces between fingers. Do you still see purple? This indicates that the participant’s hands were not thoroughly washed.

Variation:

1. Have four participants apply a small amount of Glitter Bug™ lotion to their hands and rub in well.
2. Have one participant wash their hands for 5 seconds and dry them. Examine with UV light looking for purple effervescent spots. These purple spots represent germs.
3. Have second participant wash their hands for 10 seconds and dry. Examine with UV light.
4. Have third participant wash their hands for 15 seconds and dry. Examine with UV light.
5. Have last participant wash their hands for 20 seconds and dry. Examine with UV light.
6. Compare all hands under the UV light showing how increased time washing leads to cleaner-‘germ’ free hands.

