

OIL & CINNAMON HANDWASHING GAME

Time 10 Minutes

Objective

To explain that improper handwashing allows bacteria and viruses to grow and get into our bodies, which can make us sick.

Supplies

Oil and cinnamon

Location

Any location with a handwashing sink

Preparation Talking Points

- 1 Bacteria and viruses are like teeny tiny bugs that run all over your hands that we need to wash off.
- 2 Improper handwashing allows these germs to grow and get into our bodies, which can make us get an upset stomach or pick up a cold or flu.
- 3 Everyone needs to wash their hands before working with food, before handling clean dishes, after going to the bathroom, after blowing your nose or coughing into hands, before and after eating or drinking, after handling raw food, after shaking hands or touching your face or hair, and after touching any surface that has not been sanitized.
- 4 The handwashing sink is only for washing hands, not for food or dishes.
- 5 You need soap and warm water to wash hands correctly.
- 6 Be sure to scrub between and around fingers, wrists and the fronts and backs of hands.
- 7 You can sing the “Happy Birthday” song twice, as this should take the appropriate 20 seconds, while washing hands with soap and water.
- 8 When you are done washing your hands, you should dry your hands with a paper towel.

Directions

- 1 Gather the children together. Pour a few drops of oil into each of their hands and have them rub their hands together and fully coat them with oil.
 - a Instruct them to not to touch anything else.
 - b Tell them that this represents the oil from their bodies.
- 2 Choose two children and sprinkle a bit of cinnamon on their hands.
 - a Tell them that this represents the germs on your hands that we pick up from coughing and touching surfaces like doorknobs.
- 3 To see how germs (cinnamon) are spread, have them shake all the other children's hands as they introduce each other and mention what their favourite food is.
 - a For example, “Hi, I’m Sammy...nice to meet you! My favourite food is pizza”. This is a great icebreaker or a way of helping the children get to know each other better.
 - b Look at everyone’s hands and see how the cinnamon has spread!
- 4 Have everyone line up at the handwashing sink and wash their hands for 20 seconds with soap and water.
- 5 Have children dry their hands with a paper towel.



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