## Illness spreading game

**Difficulty:1 | Ages: 5-16 | Scientific | Physical | Time: 10 mins (2 minutes prep.)**

### Learning objectives

* Infections can spread easily without you knowing
* Hands offer an easy way to spread microbes from one person to another
* Washing our hands is the most effective way to stop infections spreading

 **Pictured: Children throwing and catching a ball**

### Equipment

* Object to pass around the group e.g a ball, cup and saucer, relay baton
* UV gel or powder and UV torch or lamp

### Activity Instructions

1. Choose a game which involves passing an object around the group, this could be a ball game (such as dodge ball or a catching game), or a cup and saucer game. Choose a game the group is familiar with and enjoys, encouraging engagement.
2. Around 30 minutes before playing the game you will need to coat the item(s) with the UV gel or powder. For example – cover the ball in UV gel if you are playing a ball game. White items work better as the gel has a white/opaque colour.
3. Play the chosen game and ensure all children join in and touch the object. Once the game has finished ask the children to gather around you in a circle.
4. Turn the lights off and use the UV torch on the game item e.g ball. Explain it is covered in germs. You could try and get a reaction by saying that you sneezed or coughed on the item before the game started.
5. Tell members to hold their hands out, palms facing upwards. Go around with the UV light to show how the germs have spread onto their hands.
6. Ask the group to shout out examples of what other items commonly spread germs. Examples are: door handles, chairs, tables, toilet seats, pens and pencils, mobile phones, tablets, games console controllers, keyboards and mouse.
7. We recommend running the next activity ‘healthy hands’ straight after so children have a chance to wash their hands.