

**healthy
bodies**

**Ages 2
and up**



Hygiene Learning - with an experiment

Educators have been transforming children's perspectives on hand-washing; what was once a dull duty is now one of the most fun features of the day. Here's an activity to boost learning at home.

Top tips for talking Hygiene

- Talk together, following your children's lead. Help them discover these simple ideas:
- Germs make us sick
- Germs love to be shared (in this case, sharing is NOT caring)
- Germs often spread through our hands – they live in our body, in our snot and our spit
- When we touch our face, the germs may spread to our hands and whatever we touch next
- Washing hands with soap and water kill germs, so we can keep safe.
- In our centres, we've been doing science games to demonstrate good hygiene. Try this one at home.

The black pepper experiment

- Sprinkle some ground black pepper in a bowl of tap water.
- Fill a second bowl with water and soap.
- Dip a finger into the pepper water bowl. Notice the pepper stuck to it.
- Now, dip your finger in the soap water bowl. Make sure it's fully submerged.
- Dip your soapy finger back into the pepper water. See the pepper immediately move away from your finger? That's just like germs 'running away' from the soap.

To read more of Hygiene learning at SDN read more on our Story hub.

[Hand - washing](#)
[Coughs and sneezes](#)