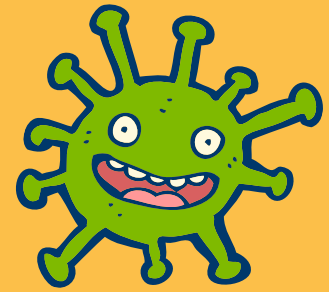
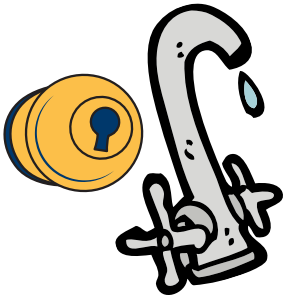


A handwashing activity with cinnamon



1

Put a small amount of cooking oil or lotion on hands and shake some cinnamon on. Explain how the cinnamon spreads a lot like germs.



2

How do germs spread?
Touch some items before washing hands like the wall, door knob and the taps to see the cinnamon being transferred from hands to surfaces.

3

Wash hands. Try first without soap. Does the cinnamon come off? How about with soap? What are some parts of hands that can be easily missed?



This activity also works well with glitter!

Here's a fun way to learn proper hand washing with the [Wash your hands, Brother John! video](#) developed by Dr. Nisha Thampi and CHEO.

For more tips on handwashing watch our [video](#).