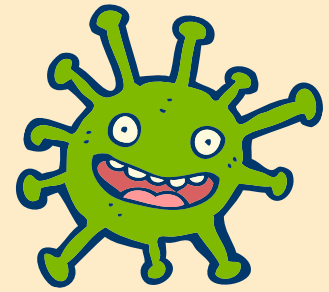


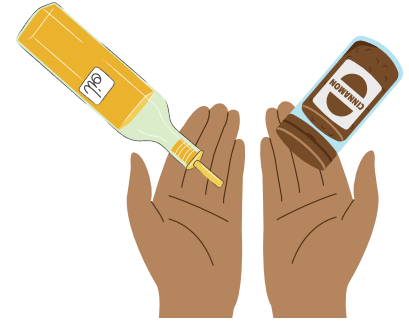


# Handwashing Activity with Cinnamon



1

Put a small amount of cooking oil or lotion on hands and shake on cinnamon. Explain how 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?



Here's a fun way to learn proper hand washing with the [Wash Your hands, Brother John!](https://youtu.be/GAP8HZdV5Qo) video (https://youtu.be/GAP8HZdV5Qo) developed by Dr. Nisha Thampi and CHEO.

For more tips on handwashing, watch this [video](https://youtu.be/cyScX5IVU_0) (https://youtu.be/cyScX5IVU\_0).