

# Handwashing Activity with Cinnamon

1

Put a small amount of cooking oil or lotion on hands and shake on cinnamon. Explain how cinnamon spreads 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 your hands. but try without soap first. Does the cinnamon come off? How about with soap? What are some parts of the hands that can be easily missed?



Here's a fun way to learn proper hand washing with the Wash Your hands, Brother John! 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))