



# happyhouse Good Choices™ Character Building Program

## Activity Sheet

Name: Germs  
Chapter: #1 - Take Care of Yourself  
Type: Exercise  
Ages: All Ages  
Time: 20 minutes

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### Lesson Start

#### **MATERIALS:**

Go to a store that has packing supplies and get a mid-sized bag of packing "popcorn," those Styrofoam balls shaped like popcorn. Try to find green ones, they are the best for this.

#### **ACTIVITY:**

While in front of your group working on Chapter One, pick up the bag and pull out a wad in your hand. Fake a big sneeze and blow the styro all over someone. Then another. This is guaranteed to get a fun reaction. After you do it a few times adding in coughs and sneezes ask them what the Styrofoam balls represent...

You will get the response: "Germs!"

Ask them why it's important not to spread germs. Ask them some ways that germs are spread and how to prevent them from spreading.

Mention that sometimes we don't always take the time to wash their hands after using the bathroom.

Get a volunteer and ask her or him to take the bag of popcorn and, with some in hand, go around and shake hands, touch people, objects, etc.

Really "spread" the germs.

(You'll have some clean up, but it's worth it!)

This really helps them to get how it's important to wash your hands.

### End of Lesson