in partnership with unicef | WORLD CHILDREN'S DAY sixseconds THE EMOTIONAL INTELLIGENCE NETWORK

Title: **GLITTER HANDSHAKE**

Goal:
To be aware of how easy it is to spread things like bacteria, viruses, and diseases, and become more knowledgeable about preventative measures

Intro:
Taking care of yourself helps us take care of other people. One of the easiest ways to prevent the spread of bacteria is washing your hands.

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Resources:
Fine glitter
Lotion

Instructions:

Mix some lotion and glitter together
Give some of this mixture to one participant
Have this participant shake hands with someone else
Only if you have the glitter can you shake hands with others
Stop once everybody has glitter on their hands
Compare the amount of glitter on everybody's hands

Discussion:

Imagine the glitter is bacteria. How does this make you feel?
What is a way YOU can prevent "glitter" from spreading? Why is it important? Who does this benefit?
Think about the last time you were sick. How did you feel? Would you want others to feel the same way?
Come up with a song together to help participants remember to wash their hands and how long to wash their hands.



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POP-UP FESTIVAL