

Infection the Game

This game is helpful to teach kids how germs are spread. Everyone sits down in a circle. The leader explains the rules of the game. The rules are discussed. Everybody in the circle closes their eyes. The leader walks around the circle and chooses one infected person by touching their shoulder. Once an infected person is chosen the leader tells the children that it is time to open their eyes. From there, the children stand up and start shaking hands and saying hello, referring to their classmates by name. The only difference between the infected person and everybody else is their handshake. When the infected person shakes another kid's hand they slide one of their fingers and tickle the person's hand that they are shaking. After getting tickled by the infected person the child must shake 4 other hands before dramatically dropping to the floor fake coughing and sneezing. After everyone but the infected person has fallen sick, you can discuss the game and how germs spread.

Discussion:

- What did it feel like seeing your classmates get "sick"
- Why do we think it took this long for everyone to get sick?

(You can play a version of this game with multiple infected people to see the time difference)

- How do we think this compares to real life?
- How do we think germs are spread?

(This is a great segue to talk about handwashing, coughing into your elbow, and staying safe during flu season)