**Glo-Germ Activity Instructions**

1. Make sure you have Glo-germ gel, a UV light and a dark box**\*** prepared (you can use a dark room instead of a box if available).
2. Get participants ready for the activity. Make sure they have dry hands with no grease or visible dirt.
3. Spray or squeeze a small amount of Glo-gel into the palm of each participant, and ask them to rub it all over their palms, fingers and backs of their hands up to their wrist. Tell them that the gel is like “little germs”.
4. Ask the participants to look at their own hands, and ask if they can see any dirt or germs there.
5. Explain to the participants that their hands are actually very dirty with lots of germs (from the Glo-gel).
6. Use the dark box (or a dark room) with UV light to see the hands of the participants. Under UV light the “fake germs” will glow.
7. Split participants into three groups. Get one group to wash hands their hands with soap and water, one group to wash their hands with just water, and one group to not wash their hands at all. You can also split participants into more groups and investigate handwashing with ash, sand etc.
8. Use the dark box (or dark room) to compare between participants who did not wash hands, wash with water alone, and wash hands with soap and water.
9. Facilitate a discussion with the participants about why some people’s hands glowed more than others, showing which method of washing hands is more effective.
10. Facilitate a discussion with the participants about which parts of the hands were commonly missed during washing (e.g. still had germs remaining after washing), to show how effective the handwashing technique was.
11. Ask the participants feedback to draw conclusions about washing hands with soap and water, and about proper handwashing technique.

**\*** A “dark box” is a box made ​​of cardboard (or similar) which has holes that people can put their hands in so they can see the effects of handwashing on ‘germs’. Under a UV light, the invisible gel illuminates (or glows). Usually a medium size box is used (e.g. a mineral water crate or a box of instant noodles). See the reverse of this page for instructions on how to prepare a dark box.

**Instructions for preparing a dark box**

1. You will need to have: used cardboard or a medium sized box, craft knife/cutter or scissors, and duct tape.
2. Close and tape all the exposed parts of the cardboard into a box shape, or tape the corners of the box to make it strong.
3. Make two circular holes with diameter of approximately 15cm on one side of the box so that the hands of the participants can go through (positions A).
4. On one end of the box (position B) make a circular hole with diameter of approximately 15cm so that the facilitator can place the UV light inside to illuminate the box.
5. On the top of the box (position C) make a square hole approximately 10 -15cm x 20cm long, so that participants can look inside the box.
6. The dark box is ready for use!

*C*

Another example:

