

Staying Healthy in this COVID-19 World

Activities for families and caregivers

These and more at [http://csencolorado.org/Family and Caregiver Investigations](http://csencolorado.org/Family%20and%20Caregiver%20Investigations).

Activities

- [Mythbusters: How a virus spreads](#) (video, 8:46min) The coronavirus spreads in drops of water vapor when someone who is infected breathes, coughs, or sneezes. The mythbuster team tests what happens to germs when you are in a room with someone with a runny nose.
- [Glitter Germs](#) (video of activity, 2:51 min) Video of an activity using cosmetic glitter and petroleum jelly as germs to demonstrate how germs can travel from one person to another.
- [Glitter Germs Activity](#) (activity plan) Written instructions for the glitter and petroleum jelly activity to demonstrate how germs travel from one surface to another.
- [COVID-19 Germs Experiment for Kids!](#) (video of activity, 1:28min) Video of an activity using water, pepper, and hand soap to show what happens to germs when you wash using soap rather than just water.
- [Why do we all have to stay home?](#) (activity plans) Ideas for discussing models being shared on social media and the news to figure out how social distancing (and shelter in place) slows the spread of the coronavirus.
- [Coronavirus Explained! \(for kids\)](#) (video, 4:09 min) Easy-to-understand scientific explanation of how a virus works.
- [*Wash Your Hands with Baby Shark](#) (video of activity, 1:46min) A version of this familiar song to sing the steps to while washing your hands.
- [*Teaching Handwashing for Young Children](#) (activity plan) A small collection of activities to teach about washing hands effectively.

Resources

[Why soap and water work better than hand sanitizer to remove the coronavirus](#) (article) Explains the differences between using soap and water vs. hand sanitizer.