



# 4-H COOTIE CATCH

## Instructions

Read the following out loud:

*“There are tiny microscopic creatures in our world that live on and around us. Most are very helpful, but some can make us sick. It is hard to understand where they live, and how they spread, since we cannot see them. In this activity, we are going to simulate how they spread. We will use paint to represent the germs. Once we have some “paint germs” in our environment, we will test out how well other things spread them. “*

- 1) Split the participants into groups of about 15-20. If you have fewer than 15, keep them all in one group.
- 2) Have them form circles.
- 3) Hand out a glove to each person and have participants put them on.
- 4) Next, open the bag of “high touch objects”.
- 5) Give the items to several children to hold.
  - Tell them the items represent the objects we touch all the time in our day-to-day lives, such as a light switch, money, toys, buttons and shared school supplies.
  - Tell them to pass the objects around clockwise.
- 6) Now let’s pretend that someone gets sick. Let’s see how quickly a new illness would spread in our group.
- 7) Walk around each circle and select two people who are going to “get sick”.
- 8) Put a large squirt of paint (about a tablespoon amount) on the “sick child’s” gloved fingertips.
  - Remind them that the paint represents the germs.
- 9) Continue passing the items.
- 10) After a minute or so, have the youth note how much the paint spreads.
- 11) Tell them to reverse directions, and pass objects counter-clockwise.
- 12) Stop after one minute and ask them to raise their hand if there is paint on it, which means they would have gotten the germs on their hands that could make them sick.
- 13) When done, toss gloves and objects in the trash.

## Materials Provided

- One bottle of paint
- Gloves
- Bag of high touch items

## Materials Needed

- Garbage bag for used gloves and objects

## Set Up

Find an open outside area to play this game, as the paint might be messy indoors.

## Objective

Understand how germs are transmitted and why hand washing helps to keep us from getting sick.

## Reflection: Ask Participants these Questions

- *What are some ways we can keep germs from transferring on objects? (Answer: sanitize and clean them, don't share, put in the sun)*
- *What should you do to get the germs on your hands off throughout the day? (Answer: wash them or use hand sanitizer.)*
- *What would help you fight off any germs that still got inside of you? (Answer: get vaccines)*



# Survey

## Leader, please fill in the following

Name of the club: \_\_\_\_\_

Total number of participants: \_\_\_\_\_

Age range of participants: \_\_\_\_\_

How much fun was this activity? Circle one: [None at all/ A little/ A fair amount/ Quite a bit/ A lot]

## Cootie Catch Feedback Questions

Read the questions below to your group. Have them raise their hand or stand up if they think the answer is yes. Count how many people raised their hand.

1. Was this activity fun? Yes # \_\_\_\_\_ / No # \_\_\_\_\_
2. Does washing hands help prevent germs from getting inside you? Yes # \_\_\_\_\_ / No # \_\_\_\_\_

## Instructions to Return Survey

Please have your Youth Officer or Community Club Leader complete the survey and return them to The State 4-H Office. We will provide \$80 to each 4-H Community Club that completes at least two of these healthy living activities, and submits the evaluation for each activity, by June 15, 2022. A pre-stamped, self addressed envelope is provided for your convenience. Surveys can be mailed to Roshan Nayak, 2801 2nd Street, Davis, CA 95618 or scan copies and email them to [rknayak@ucanr.edu](mailto:rknayak@ucanr.edu).