

# Spray Bottle Sneeze Activity Card

When your little one sneezes, they are probably unaware of the germs that get projected into the air and onto everything in sight. It is important that they learn to cover their mouths and noses when sneezing and coughing to stop the spread of germs.



## WHAT DO I NEED

1. A black sheet of paper
2. Flour
3. A spray bottle filled with water



## METHOD

1. Explain to your child that the spray bottle is like their nose, the water is germs and the black sheet of paper is a surface like toys or the table
2. Ask them to spray the water onto the sheet of paper (they won't really be able to see the water droplets against the black).
3. Have them scoop a tablespoon of flour and sprinkle over the black paper
4. Remove the excess flour
5. The flour should stick to the wet spots on the paper, revealing the "germs".