

Activity Description: Learners are asked to tell one personal hygiene fact when they catch a ball.

Activity Profile	<input type="checkbox"/> Active	<input checked="" type="checkbox"/> Somatic	<input type="checkbox"/> Individual	<input type="checkbox"/> Instructor-led
	<input checked="" type="checkbox"/> Passive	<input type="checkbox"/> Auditory	<input checked="" type="checkbox"/> Partners/teams	<input checked="" type="checkbox"/> Learner-led
		<input checked="" type="checkbox"/> Visual	<input type="checkbox"/> Whole class	
		<input type="checkbox"/> Intellectual		
Class time	5 minutes			
Materials	Small rubber ball, Glo Germ™ powder, and black light (optional)			

Before Class

- ① Get a small rubber ball, preferably a soft stress-relief ball (e.g., Koosh® ball).
- ② Spread Glo Germ powder all over the ball.

During Class

- ① Explain to learners that they are going to do an activity that will show how much they know about personal hygiene. Tell them that a ball will be tossed around the room to each person. Explain that when they receive the ball, they must provide one fact about personal hygiene. Once they state their fact, they should throw the ball to another person in the room who has not received the ball. That person has to do the same until all members of the class have had a turn. If learners have stated a fact incorrectly, correct them. Add to the information provided by each learner if necessary.
- ② You start the activity by stating a fact and then throwing the ball to a learner.
- ③ After all learners have participated, explain that, unfortunately, you have been diagnosed with Norovirus, and you hope that you have not spread the virus to anyone else in the room. Tell them that you have a quick test that can determine if you've passed the virus to them. It involves the use of a black light, so you will have to turn out the lights.
- ④ Ask them to stand up and hold out their hands.
- ⑤ Walk up to each learner and pass the ultraviolet light over their hands. The Glo Germ will light up on their hands. Apologize to them for infecting them with the virus.
- ⑥ Tell learners how easy it is to spread viruses from person to person. Also, let them know that you are joking about being infected with Norovirus.
- ⑦ Ask learners how they can prevent the spread of pathogens by their hands.

Note: If resources are limited, skip the Glo Germ portion of this activity. The ball passing is a good way to introduce the content and see what learners know.