

Activities – Healthy living

Activity 1: Song messages

KS2 geography / PSHE learning objectives:

- To identify the importance of clean water in a healthy lifestyle
- To recognise how people can improve their lives by keeping clean and eating healthily
- To talk and write about opinions, and share ideas with others, on issues that affect ourselves and society



WaterAid/Jeremy Homer

Activity

Starter

Singing well

Watch the slideshow about how Warok Primary School in Nigeria has become a healthy place to study.

Why do you think Patience teaches the children songs about keeping healthy? Songs with catchy tunes can stay in our heads and help us to remember important things.

What other things can help us to remember easily, eg raps, poems?

Resources

- Slideshow: Healthy living
www.wateraid.org/healthyliving

Activity 1: Song messages

	Activity	Resources
Main activity	<p>Mobile toilets</p> <p>As a class, make a list of how children at Warok School live healthily, eg they wash their hands, avoid going to the toilet area bare-footed, clean the house etc. You might like to see the slideshow again.</p> <p>Then read Eskender’s story. Find Ethiopia on the map and add to your list the ways he helps other people to keep healthy, eg he gives people soap to wash their hands with after they use his mobile toilet.</p> <p>Discuss which of the things on your list is most important to keeping healthy. Is this always the case? Can you give a reason for your choice? Who agrees or disagrees with this choice and why?</p> <p>In pairs, choose one way to keep healthy from your list and write a song, poem or rap or cartoon story about it. Decide on your main message and who you want to see / hear it. How will your song, poem or rap make a difference?</p>	<ul style="list-style-type: none">• People’s stories: Eskender www.wateraid.org/eskender



WaterAid/Caroline Irby

Activity 1: Song messages

	Activity	Resources
Plenary	<p>Poo song</p> <p>Share your songs, raps, poems and cartoon-stories with the class.</p> <p>Play the 'Poo song'. What are your first impressions? Who wrote the song and why do you think they wrote it?</p> <p>Out of everything you've seen and heard, which is the most effective way of getting across the healthy living message?</p>	<ul style="list-style-type: none">• Song: Poo song www.wateraid.org/poosong



WaterAid/Suzanne Porter

Activity 2: Kitchen gardens

KS2 geography / PSHE learning objectives:

- To explore how the introduction of a healthy diet can transform everyday community life
- To take responsibility (for example, for healthy eating at home and at school and for the needs of others, such as by acting as a peer supporter)
- To ask geographical questions (for example, ‘How is health in my community changing?’, ‘What do I think about it?’)

Activity

Starter

Fruit compote

As a class, read Ikognane’s story. It tells us how the introduction of a well in her village led to a group of women setting up a kitchen garden.

As a class, find Madagascar on a world map. Which continent is it a part of? Which fruits and vegetables grow in Madagascar and the UK? Why don’t mangos grow in the UK? Are there any fruit or vegetables that grow in the UK that don’t grow in Madagascar?

What do you think of the recipe with Madagascan fruit? Why not try and make it!

Resources

- People’s stories: Ikognane
www.wateraid.org/ikognane

Activity 2: Kitchen gardens

Activity

Main activity

Happy circles

In small groups, look at the ‘Happy circles’ activity sheet showing a sad spiral of events. This happens when one difficulty, like there not being enough rain to make crops grow, makes other areas of life difficult, eg not having enough to eat.

The circle-chart shows what life used to be like for Ikognane before a well was built in her village. Re-read her story and use it to fill in the empty boxes to create a ‘happy circle’.

Then, draw a symbol for each statement to show how her life has improved, eg a watering can.

As a class, compare your answers. What do you think about the changes in Ikognane’s life? How did the happy and sad circles make you feel and why? Did you realise how much change a simple thing like a well can bring to people’s lives?

Resources

- Activity sheet: Happy circles
- Activity sheet: Happy circles word bank



WaterAid/Jeremy Horner

Activity 2: Kitchen gardens

Activity

Resources

Plenary

Drink more water!

Ikognane grows and cooks fruit and vegetables for her family to eat and sell. She believes her life is much healthier now. Have you ever grown a fruit or vegetable? Does your school have a vegetable garden?

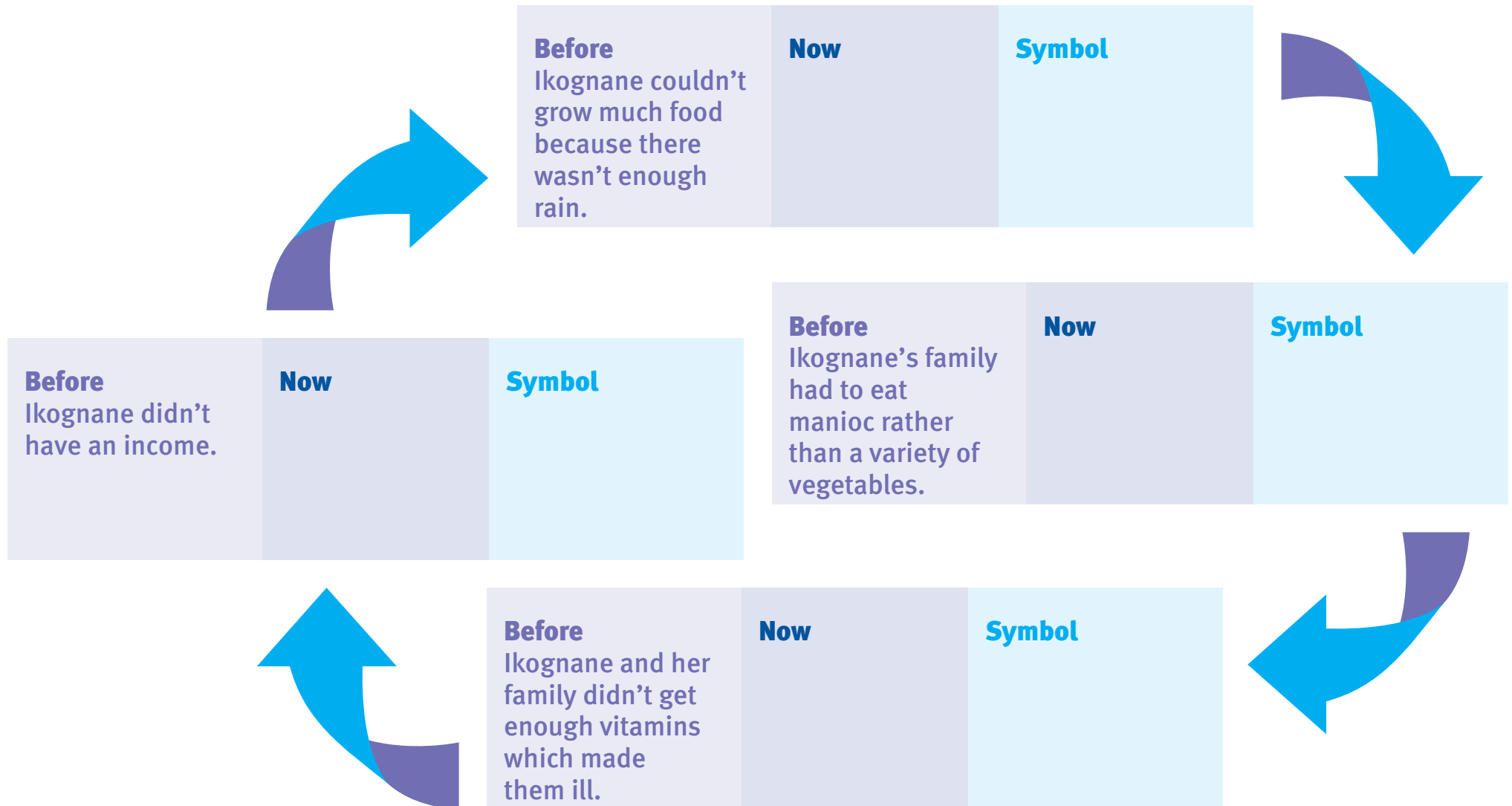
Play the 'Drink more water' game. What is the most interesting thing you learnt?

How can you teach younger children about the importance of drinking more water? Think about Patience, Eskender and Ikognane. Which ways would they choose?

- Game: Drink more water
www.wateraid.org/hydrate



Activity sheet: Happy circles



Activity sheet: Happy circles word bank



well

vegetables

more time

cooking

happy

healthy diet

fruit

earning money

rain

near to

lichee nuts

garden

