

HEALTH

ELEMENTARY LEVEL

Introducing Health Issues

Orientation Activity

- **Purpose:** The purpose of this activity is for students to develop an understanding of health issues, access to health care and prevention.
- **Instructional method(s):** Class discussion, independent activity
- **Differentiated instruction:**
 - Create one map as a class.
 - Use a geographical map of the neighbourhood and have students measure the distance of their route and calculate accurate times for their different means of travel.
- **Estimated time:** 30 minutes
- **Steps:**
 1. In a class discussion, ask your students to respond to the following (make a list of responses on the board or on chart paper as you go):
 - What does it mean to be healthy? What does it look like, feel like, and taste like?
 - What steps do you take to remain healthy and prevent sickness? Why is prevention important?
 - What do you do when you get sick? What resources do you have in your house to help you?
 - What do your parents do to help you? What resources do they have to help you?
 - If you were to fall seriously ill, what would you do? How would you travel to the doctor?
 - What does your doctor do to help you? What resources does he/she have to help you?
 2. Distribute blank pieces of paper and drawing utensils to each student.
 3. Using the list of items on the board as a guide, ask students to create a health diagram. On this diagram, students must include the following information:
 - Their house and the resources available to them in their house that keep them healthy and/or can be used to help them when they are sick.
 - A path from their house to their doctor's office and the medical supplies available to them there.
 4. When students have completed their diagrams, begin taking items away from the students by scratching them off the list on the board. Students must do the same on their diagrams.
 5. As you take each item away, ask students to react, expressing the implications this would have on their health.
 6. Continue this process until all of the resources have been taken away. Prompt a discussion using the following suggested questions:
 - Why are medical supplies important?
 - Why is it important to visit a doctor and receive professional advice when you are sick?
 - If these resources weren't available to you, what could happen to you?



- If you were unable to make it to the hospital for medical treatment, what could happen to you?
7. Tell students that the purpose of this diagram activity was to experience what it means to have limited access to medical care. Explain that around the world there are many people who do not receive necessary medical treatment because they do not have access to a doctor or cannot afford health care.