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# HEALTH

## ELEMENTARY LEVEL

### The Health Pillar Activity

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#### Concluding Activity

- **Purpose:** The purpose of this activity is to educate students on Free The Children's health pillar and to learn about ways communities around the world can be freed from disease.
- **Instructional method(s):** class discussion, partner work, class presentation
- **Differentiated instruction:**
  - Simplified: Teacher demonstrates what the different projects look like prior to partner work.
  - Advanced: Students work independently on their poster.
- **Curriculum connections:** Grades 4 – 8, The Arts, Health and Physical Education Program, Language, Science and Technology and Social Studies.
- **Estimated time:** 1 hour
- **Steps:**
  1. Tell students that Free The Children works in a variety of ways to help free communities from disease. Show the class the following video to provide further information about Free The Children's Adopt A Village, Health pillar:  
<http://www.freethechildren.com/whatwedo/international/aav/health/>
  2. After viewing this video, ask the students to reflect on the video and identify the ways Free The Children is working to free communities from disease.
  3. Divide the class into pairs.
  4. Explain to pairs that every country and community faces different challenges whether it's prevalence of a certain disease such as HIV/AIDS, the isolation of rural communities, or the lack of nutritional food. Based on these challenges Free The Children chooses an appropriate health project that will help free the specific community from disease. Note to students that these projects are continually evolving as new technologies are developed and needs arise.
  5. Explain that each pair is going to select a health project Free The Children has implemented in one of the seven countries they work in. When they have chosen their project, pairs must work together to create a poster that shows how this health projects frees communities from disease.
  6. Allow pairs to choose one of the following health projects:
    - Nutrition programs – hot daily meals are provided in schools to ensure students get a full meal every day.
    - School gardens and farms – these gardens and farms grow various herbs, fruits and vegetables and supplement students' daily lunch at school to ensure they are receiving a nutritious meal each day.
    - First aid kits – in Kenya, health clubs are provided with first aid kits.
    - Kitchen and dining halls– by building these areas in schools students are provided with a sanitary place to eat.
    - Mobile health clinics – in Kenya, automobiles are stocked with medical supplies and ran by qualified nurses who drive around and visit communities who otherwise wouldn't have access to medical care.



- Health education workshops – held for community members and students to provide them with education about safe and healthy practices to minimize the spread of preventable diseases. Topics covered include: personal hygiene, nutrition, mother-child health care, sanitation, common disease prevention, drug abuse, first aid, reproductive health, peer pressure/counseling, environmental hygiene and harmful cultural practices.
  - Health centres – in Kenya and India, centres have been constructed, providing community members with access to health care.
7. When pairs have completed their posters, ask them to explain their health project to the class, outlining its benefits and how it works.
  8. Display completed posters around the school to educate the student body on projects that are helping to free communities around the world from disease.

**Participate in Free The Children’s Five Days for Freedom campaign as an engaging outlet for youth action. Check out [www.weday.com/takeaction](http://www.weday.com/takeaction) to learn more.**