

Organising a Community Health Day  
**Ideas & tools for children's activities**



## The TB Challenge game

This is an old-fashioned board game adapted to educate children about TB. Every player is a mineworker who has TB, and a throw of the dice will help him or her move forward on the board towards being cured. As in real life, there will be ups and downs along the long treatment road. The red squares (with white diamonds) are times of risk or opportunity.

### What you need in order to play

<b>The TB Challenge board</b>	You will find this on page 5 of this document. Print it out. <ul style="list-style-type: none"> <li>▪ If you can print in colour this is preferable.</li> <li>▪ If you can enlarge it to A3 size this is best.</li> <li>▪ But even an A4 copy in black and white will work (just use a pen to colour in all the white diamonds in some blocks bright red)</li> </ul>
<b>A dice</b>	If you have a dice that's good. If you don't, you can make a dice with paper and glue. There's a pattern on page 8. Print it out, cut it out, fold it into a cube, and stick it together.
<b>A set of 16 reward and penalty cards</b> (these provide the educational aspect of the game)	You will find these on pages 6 and 7. Print them out – preferably onto soft cardboard. Then cut them up to form 16 individual cards that are equal in size
<b>Tokens for all your players</b>	Any small items will do – as long as they all look different. Buttons, small stones, a leaf, a paper clip

### Setting up

- Put all the reward and penalty cards in a stack face-down next to the board.
- Put all the players' tokens on the square marked 'Start your treatment here'.

### How to play

- Taking turns, each player gets to throw the dice and move forward as many blocks as the dice shows.
- When everyone has had a turn, the first player gets another turn . . . and so on.
- When a player ends his or her turn on a red block (that is, the block containing the diamond shape), then he or she must take the card from the top of the pile.
- He or she reads what the card says (or an adult or older child may read it out instead) and either moves backward or forward, as directed on the card.
- When the card has been used, it is put face-down at the bottom of the stack.
- The game continues till the LAST player has reached (or gone past) the 'You are cured' block.
- Round off the game with a short discussion on what they learnt about TB.

## Who can play?

- Up to four children can play at a time.
- Probably the best age range is from seven to 12 years.
- If the children are able to read quite well, they can play on their own.
- If they are a bit young or struggle with reading, an adult or teenager may help them by reading the cards.

### Note on translation

The board and the cards are created as simple Word documents. In addition to this PDF version (which you cannot change) we have supplied the original Word document which you can make changes to. So, if you like the ideas and want to translate the game, you can translate all the words but keep the format.

If you don't have the means to redo the game in your language, use the English board and cards, but have an adult who understands English translate the cards as while reading them.

## TB in our family

### A drama created by children

This activity has four basic parts:

- A short information session on TB, given by a health worker or peer educator: What is TB? How is it caused? How is it treated? Risks of not treating.
- The beginning of a story about a mineworker and his family and how TB enters their lives. (See example in box below)
- The creation of an ending to the story by a group of children and the presentation of this ending as a play.
- A discussion of the play the children created. Here the adult in charge underlines important messages, corrects any incorrect factual information contained in the play, and encourages children to express sympathy and supportive attitudes to this fictional family.

This activity is probably most suitable for 10 – 14-year-olds. You need to divide the group into smaller working groups of about five to seven people so that all members of the group can play a character.

### EXAMPLE OF STARTER STORY-LINE

*(Note: change the names of the mineworker and his wife to suit your country)*

Juma and his wife, Gladness, live in a small village. Juma grew up there and Gladness's family's home is about 10km away. They have two children in their early teens and a younger daughter who has just started primary school.

They love where they live and feel surrounded by family and friends they have known all their life. The problem is there are few ways to make a living in the village. The choice is planting plant crops and keeping livestock, or working for the government as

a teacher, policeman, or clerk in the municipal office, or running a small shop or taxi business.

Juma realised this and even before marrying Gladness he signed up to work on a mine about 400km from his home. For the last 16 years, he has lived at the mine and gone underground every day to put bread on the family table.

He visits his family as often as he can afford and is respected for the way he has managed to keep his children in school and slowly improve the home they live in. He is regarded as a good, sensible man who puts his family first.

Now Juma is facing a crisis: he has a cough that will not go away, has lost weight for no good reason, and at night he lies in bed sweating so badly he cannot sleep.

He thinks he might have TB and he is trying to make up his mind whether to go to the clinic and find out the truth. He is really struggling with this decision:

- On the one hand, he knows that TB requires treatment. It doesn't just go away on its own.
- On the other hand, he fears he will lose his job or have to take unpaid leave – and his family would suffer without his income.

### **ASSIGNMENT FOR CHILDREN**

What do you think Juma will decide to do?

What effect will his decision have on Gladness and the children?

Write a short play about these questions and come and act it for us.

(Tell children they can create extra characters outside the family – for example, a nurse, the mineworker's boss – if they want to).

## **Puppets for health**

Puppets are a fun way to explain basic health information to children.

- You could have a puppet-making workshop at a community health day and then use the puppets to discuss TB or silicosis.
- Or you could approach a school to make the puppets for you ahead of the health day – and then use them for a public performance to children on the day.

We suggest you make the following puppets:

- A mineworker
- His wife
- Their child
- A health worker.

## FIND OUT HOW TO MAKE PUPPETS

These websites explain how you can make puppets from scraps of material, waste paper, glue (even flour and water glue is OK), bits of wool etc.

Hand puppets made entirely from cloth: [www.wikihow.com/Make-a-Hand-Puppet](http://www.wikihow.com/Make-a-Hand-Puppet)

Hand puppets made from “paper mache” and cloth  
[www.youtube.com/watch?v=kljqY34nWQw](http://www.youtube.com/watch?v=kljqY34nWQw)  
[www.youtube.com/watch?v=aggKeeEx8hw](http://www.youtube.com/watch?v=aggKeeEx8hw)

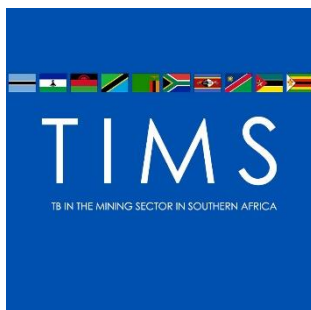
PLEASE NOTE: Adult help is necessary when making some paper mache puppets because there is one step in the process that involves using a *sharp blade or knife* and children cannot do this.

Ideas for using the puppets

- Show a discussion between health worker and mineworker’s family on what is TB, what are its symptoms, how it is transmitted and prevented.
- Show a discussion between health worker and mineworker (diagnosed with TB) about TB treatment.
- Show a discussion between a health worker and mineworker about silicosis.

Make the discussion really interactive – make sure the mineworker and his family ask the health worker a lot of questions!

**SEE BOARD GAME ITEMS NEXT PAGES**





YOU ARE  
CURED



When you land on red, take a card

START  
TREATMENT  
HERE

## THE TB CHALLENGE



Imagine you are a **mineworker** who has TB. You can be cured of this disease. But **treatment is long** and you must be **brave**



<p><b>THE TB CHALLENGE</b></p> <p>Congratulations! You have finished two months of TB treatment and the clinic says your progress is good.</p> <p>Move forward three blocks.</p> <p>Remember to keep taking your medicine. At least four more months to go.</p>	<p><b>THE TB CHALLENGE</b></p> <p>Bad news! You ignored advice not to drink beer while taking TB medicine.</p> <p>The mixture of beer and medicine made you feel very sick – so you stopped taking your medicine.</p> <p>Move back three blocks.</p>	<p><b>THE TB CHALLENGE</b></p> <p>Life is looking good! You have been taking your TB medicine and you have lots of energy.</p> <p>You are gaining weight and your cough is gone.</p> <p>Move forward two blocks – and keep up the good work!</p>	<p><b>THE TB CHALLENGE</b></p> <p>You have not stopped smoking during TB treatment. The clinic nurse saw the cigarettes in your pocket. She says you will not get better quickly if you smoke.</p> <p>Move back three blocks - and throw away the smokes!</p>
<p><b>THE TB CHALLENGE</b></p> <p>You are taking your family members to the clinic to get checked because you are worried you could have given them TB.</p> <p>That's a great decision.</p> <p>Move forward four blocks.</p>	<p><b>THE TB CHALLENGE</b></p> <p>You went to visit your sister in another town and forgot to take your TB medicine with you. So, you have gone without medicine for 10 days. This could delay you getting cured.</p> <p>Move back three blocks.</p>	<p><b>THE TB CHALLENGE</b></p> <p>You have given up smoking during TB treatment. You are spending the money saved on healthy food. Just as well: TB medicine makes you hungry.</p> <p>Well done! Move forward three blocks</p>	<p><b>THE TB CHALLENGE</b></p> <p>This TB treatment is so-o-o boring. Tablets every day! You can't be bothered – so you stopped taking the pills.</p> <p>You will soon be as sick as when you started treatment.</p> <p>Move back four blocks – and start your medicines again</p>

<p><b>THE TB CHALLENGE</b></p> <p>Money has been very short since you got TB but you need good food to help you get better. You have started a garden to grow your own vegetables and you are feeling strong enough to plant and dig.</p> <p>Smart thinking. Move forward two blocks.</p>	<p><b>THE TB CHALLENGE</b></p> <p>Every day when you take your pills, you cross off a day on the calendar in your kitchen. This encourages you because you can see the progress you have made.</p> <p>We like your thinking. Move forward two blocks.</p>	<p><b>THE TB CHALLENGE</b></p> <p>It's hard to avoid drinking beer when you hang out with your friends. But beer and TB treatment don't mix. You decide to spend more time with your family.</p> <p>Good decision. Move forward three blocks.</p>	<p><b>THE TB CHALLENGE</b></p> <p>You think your friends are avoiding you and you feel sad. You just stay in your room and do nothing. You even forget to take your pills.</p> <p>Move back one block. Be strong and start your treatment again.</p>
<p><b>THE TB CHALLENGE</b></p> <p>Your friends have been teasing you. They say going to the clinic is for women and children. You feel shy and you miss an important visit to the clinic.</p> <p>Move back two blocks. And in future ignore your friends.</p>	<p><b>THE TB CHALLENGE</b></p> <p>The TB medicine is making you feel sick. You should phone the nurse to ask what to do. But instead you just throw the pills away.</p> <p>That's not a good idea. Move back four blocks.</p>	<p><b>THE TB CHALLENGE</b></p> <p>You just met a work mate who had TB some years ago. He gave you good advice and made you feel strong. You decide to visit him often.</p> <p>Move forward three blocks for accepting a helping hand.</p>	<p><b>THE TB CHALLENGE</b></p> <p>You do not want to worry your wife so you do not tell her you have TB. You take your pills in secret and lie about visiting the clinic.</p> <p>Move back two blocks. And make up your mind to tell your wife.</p>

6-Sided Dice

