

Topic: Health
(IOM Resettlement Support Center, Nepal)

Activity: Soldiers in the Blood

Teaching Points

- ✓ You need to be healthy to fight disease
- ✓ Good health is your responsibility

Lesson Time

5-10 minutes

Materials

- Sticks for Soldiers
- Mean-looking mask for Disease
- Something to signify Harmful Substance (a picture is appropriate)

Practice

1. Ask for a volunteer. Have the volunteer stand in front of the group.
2. Explain that the volunteer is a fit and healthy person.
3. Explain that in our blood we have blood cells: Red ones that carry oxygen around our body and white ones that fight infection. Explain that we can consider them to be like soldiers in our blood. They protect us from illness and disease.
4. Ask for four or five volunteers to come up and stand around the fit and healthy person. They are going to be the Soldiers in the blood. Bring them up one at a time and give them each a stick.
5. Invite the Soldiers to take up a strong defensive stance.
6. Draw people's attention to the fact that, as our demonstration shows, we have a fit and healthy person with plenty of Soldiers in the blood.
7. Ask for another volunteer to act as a Disease. Holding the mask, the Disease tries to push his way to the fit and healthy person. The Soldiers, however, prevent the disease from entering.
8. Ask for yet other volunteers. These volunteers play the role of a Harmful Substance. This could be tobacco, alcohol, junk food, an inactive lifestyle, or whatever. To keep it simple, the trainer can play this role.
9. Identify each of these Harmful Substances with a picture of the substance hung around your neck.
10. These Harmful Substances come up to the Soldiers and begin to weaken them. Alcohol makes one fall asleep (Soldiers lie down), inactive lifestyle and junk food make one lazy and slow (Soldiers go on their knees), still other Harmful Substances incapacitate the Soldiers in other ways (make them stand on one leg, etc.). Be creative in this; make it as simple or elaborate as you wish. When this is done, the Soldiers should be considerably less able to protect the healthy person.
11. Now, Disease again attacks the body; it succeeds and the healthy person becomes sick.

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