

SCENARIO 7 OF 10

A JOURNEY THROUGH THE WORLD OF VALUES

INDONESIA

Taking care of oneself



SCENARIO CARD

**| MAIN GOAL**

To draw the students' attention to the importance of taking care of oneself.

| SPECIFIC GOALS

The student:

- knows what it means to take care of oneself;
- talks about the activities they do every day to take care of themselves;
- lists the elements that make up a healthy lifestyle (nutrition, personal hygiene, physical activity, rest, sleep, etc.);
- justifies the importance of taking care of oneself every day.

| TEACHING AIDS

- a letter from Arief from Indonesia (to be printed in 1 copy);
- photos from Sumba (an A4 copy to be printed in colour);
- fish skeleton template (for inspiration or printing);
- "How do I take care of myself?" work card (to be printed for each student);
- a large world map or globe;
- an A4 envelope;
- A3 paper sheets and arts & crafts materials for preparing a poster;
- A4 paper sheets cut lengthwise into strips for the exercise with the fish skeleton.

| PREPARATION FOR THE CLASSES

Before class, print the letter from Arief and the photos from Sumba and put them in an envelope addressed to the students.

LESSON PLAN

| WE SET OUT ON OUR JOURNEY – BEGINNING OF THE CLASSES

Welcome the students, invite them to prepare their folders and go on the road. Let them move freely around the classroom at a speed they like.

Request that they take their seats and ask:

- Do you remember what our destination is?
- What did Maame from Ghana write about in her letter?
- What did Samuel from Kenya write about and what did he show in his film?
- What was the value which Lineo from Lesotho wrote to you about in her letter?
- What did Abhaya from Nepal consider to be a value?
- Do you remember what value Tuilika from Namibia wrote about her letter?

Introduce the topic of the lesson, show Indonesia on the world map and then show Sumba Island. Ask the students to find the country on the maps they have in their suitcases and to mark it on them.

- Today we have arrived at Indonesia, a country in Southeast Asia and Oceania. Imagine that this country consists of more than thirteen thousand islands! One of them is Sumba, which has been isolated from the rest of the world for centuries, as a result of which it has preserved its unique culture, customs and beliefs. Unfortunately, this is not the only reason why it is a unique island, but you will hear more about that from the eight-year-old Arief who wants to share what he thinks is the most important with you in his letter.

| WHAT IS TAKING CARE OF ONESELF? – READING THE LETTER FROM INDONESIA

Take Arief's letter out of the envelope and read it.

”

Dear students of the class ...! [fill in the name of the class]

Welcome to the Indonesian island of Sumba! I'm Arief and I'm 8 years old. Today, I want to tell you what I think is important in order to be able to achieve one's plans and make one's dreams come true.

You won't believe it, but for me it's important to take care of myself every day: everyday hygiene, brushing my teeth, medical care, healthy food and drinking clean water. You probably wouldn't think that someone could treat all these things that parents tell us to do as a value. I will tell you why it's so important to me.

Each of us likes to have fun: run, jump, read, watch something, go on a trip. Look at the pictures I have prepared for you.

”

Show the students the photos, reading the descriptions.



My friends and I often play on the beach.





Do you know how much strength it takes to stay on your feet in these waves?! We need to be healthy for this, too!



Look at one of the views of Sumba – it's beautiful here, isn't it?

Return to reading the letter.

“ Although, after seeing these pictures, you may think that people live a wonderful life on such a beautiful island as Sumba, our everyday life is not so nice at all. It is difficult to find drinking water, there is not enough food, access to doctors is limited. Our region is home to the most dangerous species of mosquitoes transmitting malaria – an infectious blood disease. These mosquitoes, combined with the poor hygiene and poor health of the inhabitants of our island, make a lot of people ill.

You probably know for yourself that if you are weakened or ill, you don't have the strength to play and you can't study. It is hard to concentrate, nothing stays in your head, and your body gets tired quickly. That is why many of my older friends have not finished school and cannot start work. And if they don't work, they don't have the money to buy food, which means that they have little strength and they can't study or work. It's called a vicious circle because it's so hard to get out of it.

With the help of various organisations on our island, actions are being taken to help us break out of it. The solutions are often so simple! Still, they need money to be carried out. For example, money is needed for digging new wells so that we can have clean drinking water, and not use water from the river in which animals swim. Regular blood tests to quickly treat someone who has fallen ill before the disease develops further are also expensive. Sometimes we also get extra food so that we don't lose our strength. We protect ourselves from mosquitoes with mosquito nets. See how it looks.

Show the students the photos and read the descriptions.



Here you can see my friend who wanted to show you what a mosquito net looks like. It's a thin net, resembling a curtain, which protects beds, so that at night we are not bitten by mosquitoes that infect us with malaria.



This is what our dinner looks like sometimes – we eat rice, some vegetables and a small piece of meat – although we eat meat the least often because few people in our village can afford it.



Here you can see taking a blood sample for testing whether we are healthy and whether we have malaria or not. It's not terrible, as you can see, and it's always better to check yourself in order to start medical treatment as soon as possible, if you are ill.



And here you can see the new intake of clean, drinkable water in our village. It will make us all healthier.

Return to reading the letter.

“ Believe me, I don't like blood tests either. I'm scared of the syringes that are used for vaccinations and sometimes I wish I didn't have to brush my teeth before going to bed. But I know that these activities and care help me to be healthy and have the strength to do everything I would like to do. You have to take care of yourself every day, and not when something bad starts in your body, e.g. when you have a toothache. Isn't that true? Say it yourself! I know that if I do not take care of my hygiene, if I don't rest at night or eat healthy meals, sooner or later it will turn out that I cannot play, go to school, have great adventures, because I will not have the strength to do it. That's why I think it's very, very important to take care of yourself. This is, in my opinion, one of the greatest values. Do you agree with me?

*I send you my warmest greetings,
Arief*

| A LETTER FROM INDONESIA – A CONVERSATION

Invite the students to talk: You can ask:

- What did Arief tell you about?
- Why is it important to take care of oneself?
- What are the consequences of not taking care of oneself?

| HOW DO WE TAKE CARE OF OURSELVES? – ANALYSIS OF ACTIVITIES USING THE FISH SKELETON METHOD

Using the fish skeleton method, ask the students to share their knowledge and experience of taking care of themselves. Explain that this technique allows one to organise all the elements of a complex issue.

Tell the students about the technique of working with a fish skeleton. The head of the fish is the issue that we are looking at, – taking care of oneself. It is set on the spine, on which the largest bones are placed, i.e. the most important activities connected with taking care of oneself, e.g. nutrition, rest. Small bones coming out of each large one are everyday activities that make up the categories of the activities, e.g. eating fruit, vegetables, wholemeal bread; these are the elements of a healthy diet.

Draw a fish skeleton on the board or a sheet of paper, e.g. according to the proposed template.

Mark the large bones with the names of the general categories. You can use the letter from Arief: nutrition (food and drink), hygiene, immunity, health, rest, development.

Then, divide the students into teams and ask them to talk in groups about the activities that make up a given category. Let them write down the name of or draw the symbol of each action on a separate strip of paper.

Examples of actions:

Nutrition

- healthy food
- fruit and vegetables
- dairy
- wholemeal bread
- drinking large amounts of water
- eating balanced meals
- limiting sweets, salty foods, snacks and crisps

Hygiene

- brushing your teeth
- washing hands after leaving the toilet
- washing the entire body at least once a day
- cleaning ears
- clipping nails
- washing and combing your hair,
- wearing clean clothes

Immunity

- washing fruit before eating
- dressing appropriately for the weather
- eating immunity-enhancing products
- maintaining good stamina
- using mosquito nets and sprays
- checking for ticks on our skin after a walk in a forest or meadow

Health

- regular vaccinations, e.g. against the flu
- control tests
- visiting the dentist
- checking eyesight
- posture correction
- following the doctor's instructions
- outdoor activities
- avoiding smoky areas
- avoiding smog

Recreation

- pastimes
- sleep
- spending time with friends
- physical activity
- outdoor activities
- sports activities
- reasonable use of a computer, tablet, phone

Development

- developing physical fitness through participation in sporting activities
- developing one's passions and interests
- learning new things
- spending time with people we can learn from

After discussing the issue in teams, each group presents the results of its work. Let other students add their own ideas if they feel that something important is still missing.

Attach a piece of paper with the names of the activities that all the students consider to be the most important to a fish skeleton drawn on the board or a sheet of paper.

| HOW TO TAKE CARE OF ONESELF? – CREATING INFORMATION POSTERS

On the basis of the fish skeleton each group has created together, ask them to prepare an information poster: "How to take care of oneself?", dedicated to one of the highlighted categories of activities. When discussing the way of performing the task, make sure that:

- they invent a slogan – the title of the poster, e.g.
 - How to take care of oneself? Take care of your hygiene
 - How to take care of oneself? Strengthen your immune system
 - How to take care of oneself? Rest well
 - How to take care of oneself? Eat well
 - How to take care of oneself? Take care of your health
 - How to take care of oneself? Take care of your development;
- they make a poster applying any artistic technique;
- they provide important information through the poster, giving it an interesting form, e.g. rhymes, a funny drawing;
- they think about how to present the poster to the class.

| HOW TO TAKE CARE OF ONESELF? – PRESENTATIONS

Ask the students to stay in the groups in which they have been working so far and choose a representative for each group. The representatives make a presentation of the poster prepared by the team.

| WHAT DOES IT MEAN TO TAKE CARE OF ONESELF? – CREATING THE DEFINITION

Ask the students to use the information they have gained and their experiences to say what it means to take care of oneself in their own words. Once the definition is agreed upon with the class, write it down on a separate sheet of paper and hang it next to the cards from the previous classes.

| WHAT ARE WE TAKING WITH US FROM TODAY'S TRIP? – SUMMARY OF THE CLASS

Sum up the activities, return to Arief's letter and the fish skeleton task, gather information on why it is worth taking care of oneself.

Invite the students to prepare souvenirs from Indonesia to take on the further part of their journey.

Hand out the **work cards** and ask the students to first cut out the human figure and the icons symbolising different activities. Then they should assign the icons to the time of day when they usually perform the activities they symbolise. They can also add their own proposals of icons connected with activities supporting a healthy lifestyle. Ask the students to stick the prepared human figure holding the daily plan in their hands inside their folders.

| AFTER THE CLASS – INFORMATION FOR PARENTS AND GUARDIANS



At the end of the class, provide the parents or guardians of your children with information prepared especially for them, which will enable them to continue the work you have done with the group today. You will find it [here](#).



| DEAR PARENTS! DEAR GUARDIANS!

In today’s class in the “Journey through the World of Values” series, we talked about the importance of taking care of oneself both physically and mentally. The children learned the story of a boy from Indonesia who lives in a poor village on the island of Sumba. He told them how the lack of clean water and, as a consequence, a low level of hygiene, combined with poverty and the presence of mosquitoes that spread malaria, affect the lives of the island’s inhabitants. We talked about how important it is to take care of ourselves regularly and how we can do it every day using what is available to us. We also pointed out that taking care of one’s health, e.g. washing hands, brushing teeth, healthy eating and physical activity are very important if you want to have the strength to fulfil your dreams and execute your plans.

The aim of the classes was to draw the students’ attention to the importance of taking care of oneself.

After the classes, the student can:

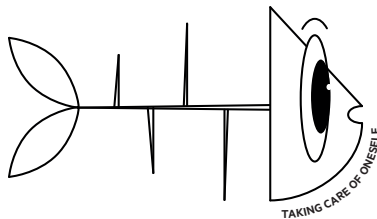
- say what it means to take care of oneself;
- talk about the activities they do every day to take care of themselves;
- list the elements that make up a healthy lifestyle (nutrition, personal hygiene, physical activity, rest, sleep, etc.);
- justify the importance of taking care of oneself every day.

Suggested activity to be done at home

1. Ask your child how one can take care of oneself. Create a table with them based on what they remember from the class and from your conversation.

NUTRITION	HYGIENE	IMMUNITY	HEALTH	RELAXATION	DEVELOPMENT

2. For 1 week, fill in the graph below with your child. Every day, write or draw one idea of what you can do to take the best care of yourself. Talk about how you can implement them.



3. Plan and carry out at least one daily activity with your child, which will be pleasant relaxation for both of you.

4. Ask your child what they would tell a person who wants to eat only candy for breakfast, lunch and dinner, to encourage that person to lead a healthy lifestyle.

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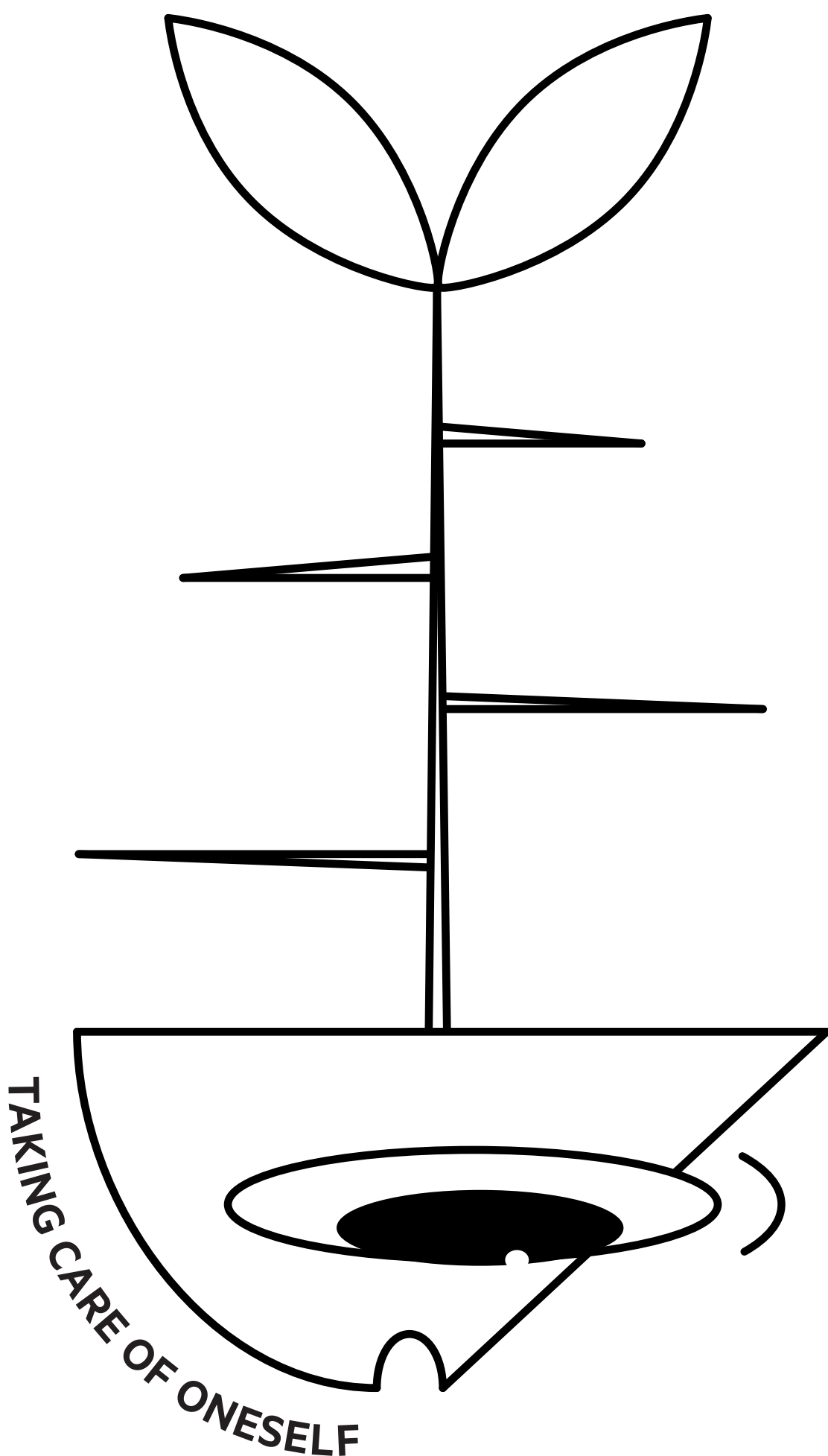
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TAKING CARE OF ONESELF

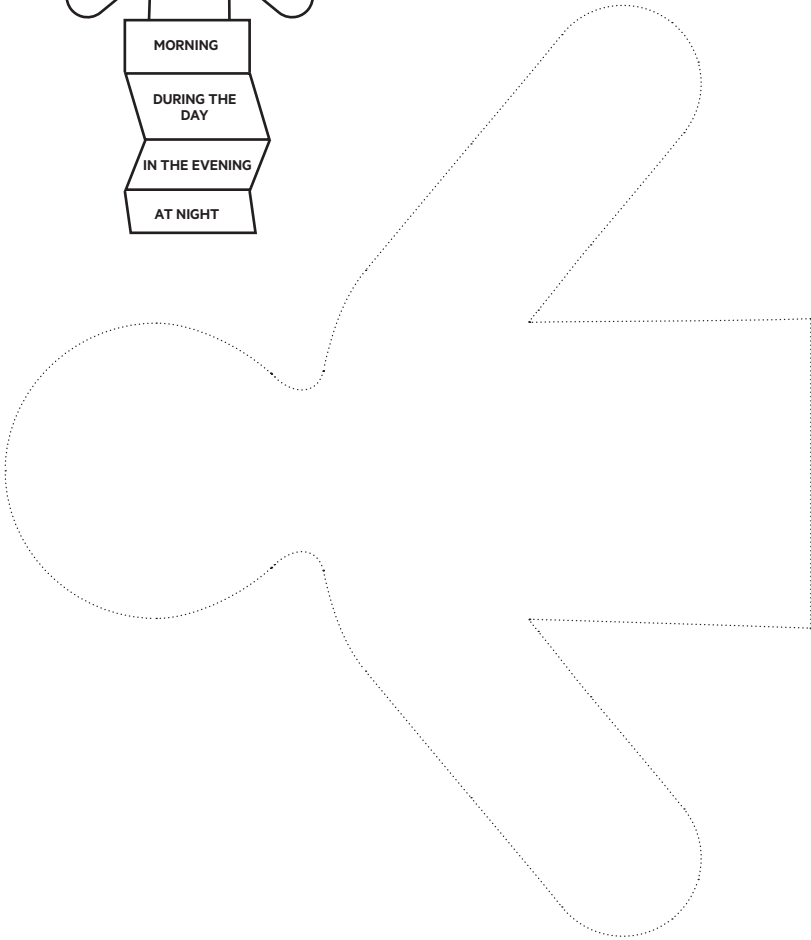
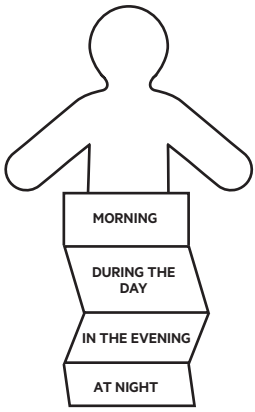


MORNING

DURING THE DAY

IN THE EVENING

AT NIGHT



BATHING



**COMBING
YOUR HAIR**



**BRUSHING
YOUR TEETH**



**EATING
BREAKFAST**



EATING LUNCH



**EATING
DINNER**



**EATING
SUPPER**



**TIDYING THE
ROOM**



**OUTDOOR
ACTIVITIES**



**OUTDOOR
ACTIVITIES**



**RELAXING
LISTENING TO
MUSIC**



SLEEP



**BRUSHING
YOUR TEETH**