

Topic: Health
(International Organization for Migration, Middle East)

Activity: Snakes-and-Ladders Health Game

Introduction	<p>The exercise covers a number of health related teaching points, including information about healthy lifestyles, prescription drugs, medical insurance, initial health screening, the 9-1-1 emergency number, Medicare, etc.</p> <p>This game is based on one obtained from OPE HIAS Vienna and WHO in Africa, and has been re-written to be more relevant to Middle Eastern refugees' knowledge levels and health concerns. The current version was written by one of the IOM Amman CO trainers in Arabic; an English translation is coming soon.</p>
Time	10-20 minutes
Materials	<ul style="list-style-type: none">• A game 'board' for every two or three participants (see sample included)• One die to go with each board• Game pieces, one for each participant• Optional: carrot sticks (or other healthy food); highly processed chips, such as Doritos brand
Practice	<ol style="list-style-type: none">1. There is one game sheet for every two participants. They roll a die and move game pieces along the board to 'health', encountering various bad health practices – snakes, which send them back – and good health practices – ladders, which send them forward.2. The game is played for just 3-5 minutes, as usually someone has 'won' in this amount of time. Processing takes place with the trainer asking participants to list healthy and unhealthy habits or practices, both from the game and from their own experience.
Variations	<ul style="list-style-type: none">• Fun option: This variation helps to involve the sense of taste in our CO training. After a minute or so of play, tell all participants to stop and form a standing line in front of the trainer. Tell them that it is snack time, and that they can each take only one snack – either a carrot stick or a chip. Tell them to hold on to their snack until everyone has one. When everyone has a snack and is sitting back with their game board, tell them that everyone who has taken a carrot stick can move their marker forward on the board three spaces. Everyone who took a chip has to move backwards three spaces. Ask them why they think you have told them to do this.

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English Translation of the Game Board:

Snakes:

30 – 2	Eating too much fast food can bring	=	illness
28 – 11	Not having health insurance	=	high medical bills
39 – 24	Drugs	=	are not sold w/o a prescription

Ladders:

5 – 20	Good nutrition, hygiene and exercise	=	good health
7 – 10	Annual checkup	=	helps detect health problems
16 – 23	In the first few months of resettlement	=	you will get medical help
22 – 38	For emergencies	=	call 911
31 – 35	The elderly 65↑	=	will be on Medicare

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الرعاية الصحية

33	34	35	36	37	38	39	
		برنامج Medicare			اتصل ب 911	معظم الأدوية	النهائية
32	31	30	29	28	27	26	25
سكنون موهلا للحصول على المعونة الصحية	لكبر السن فوق ال 65 سنة	الاصحاب على الوجدات السريعة		عدم الاشتراك ببرنامج تأمين صحي			لا تباع بدون وصفة
17	18	19	20	21	22	23	24
			صحة جيدة		للطوارئ		
16	15	14	13	12	11	10	9
في الأشهر الأولى من توطينك				النظافة والتغذية السليمة وممارسة الرياضة	مكلف	لمعرفة اذا كنت تعاني من مشاكل وبحاجة لرعاية	
1	2	3	4	5	6	7	8
البداية	المرض					الفحص الطبي الشامل	

