



Unit 12 - Healthcare

Healthy Living Tic Tac Toe

Objectives	By the end of this lesson, participants will: <ul style="list-style-type: none">• Understand the idea and importance of preventative care.• Be able to list things they can do to stay healthy.
Time	45 – 90 minutes
Materials	Tic Tac Toe picture set (9 pictures), Answer card, Welcome to America DVD, of immunization

Procedure

- Ask participants if they see any advantages to the camp health care system (for Thailand). Remind participants that while healthcare in the U.S is generally superior to what's available to people where they are now, it is also expensive.
- Tell the class that you want to talk about how to stay healthy.
- Write out a Tic Tac Toe grid on the board & review how to play the game. Do a practice game with your interpreter if possible.
- Next put the letter cards (1 – 9) into a new grid (as below). The number side should face the class; the picture side faces towards the board. Make sure participants don't see the pictures.

1	4	7
2	5	8
3	6	9

water	sleep	environment
nutrition	relationships	hygiene
check up	exercise	limit bad things –

- Divide participants into two large groups (men & women seems to work well).

- Explain that under each covered square is something that helps maintain good health. If a group is able to guess three in a row (across, down or diagonal), their team will win. Explain that if a team says something that is already on the board or that has already been said they will lose their turn. Give them a few moments to think about things that help keep people healthy.
- Play until all 9 items have been guessed or until a team gets 3 in a row.
- Remind participants that while health care in the United States is good, it is also expensive. Preventing health issues/problems is the best way to take care of their health.
- Talk over key points below:
 1. Water – Drinking plain water is good for you. It’s okay to drink water straight from the tap. There’s no need to boil or buy it.
 2. Nutrition – Eat healthy foods – fruits, vegetable, etc. Limit sugar and fat. Kids shouldn’t have too much sugar or caffeine. Fast food is expensive and usually not very healthy.
 3. Medical check – Remember you will have an initial medical check. Make sure to mention any medical/health concerns at this time. Talking to a doctor about a concern is better than waiting until it’s a serious problem.
 4. Sleep – Try to get 6 -8 hours of sleep. Make sure children get enough sleep so that they aren’t tired at school.
 5. Relationships – Change is stressful and life will be busy. Try to make time for activities with family and friends.
 6. Exercise – Regular exercise is important for everybody. Free and easy ways to exercise include, walking, running, playing outdoor games, riding bicycle, etc.
 7. Hygiene – Practicing good hygiene can keep you healthy. This includes washing hands after using the bathroom, before eating and before cooking; brushing teeth, bathing regularly, etc.
 8. Clean environment – Making sure you keep your home clean and tidy is important for good health.

Variation

If time is limited you can forgo the activity above and have participants quickly brainstorm a list of 3 - 5 things to do in order to stay healthy. Share and discuss lists.

Assessment

Participation and input into Tic Tac Toe game.

Facilitation Notes

Play up the competition element and encourage participants to have fun with the game. Some points will likely be guessed quickly and easily. Others, such as relationships, may need to be elicited. See below as a suggestion. Make sure to acknowledge any guesses which are good but not included in the Tic Tac Toe answers. If a guess is close you may want to guide participants to the answer, especially if time is an issue.

Elicitation example, maintaining good relationships:

Trainer: We've gotten some good answers about how to keep your body healthy, eating healthy food, exercising, etc. Can you think of anything else that's important for good health? Do you need to think about only your body or are there are things to consider?

Participant: Being happy

Trainer: Yes. Good. Being happy can contribute to good health. How do you "be happy"?

Participants: Love each other, get along

Trainer: Got it! Good relationships can help us stay happy and healthy. (Turn over the picture and give the team a point). Good relationships will be especially important once you resettle. Families will have to support each other. Good job!