



Survive to 5

IN THIS ACTIVITY, participants learn about and understand factors that affect child health.

TIME REQUIRED: 30-45 MINUTES | INTENDED FOR GRADES 1-5



MATERIALS NEEDED

- » Copies of Resource, “Leader Activity Script,” found on pages 38-39
- » Copies of Resource, “Role-Play Cards,” found on pages 40-47, printed and trimmed (if you have more than 25 participants, you will need two sets of cards)
- » Masking tape
- » Markers
- » Blank sheets of paper
- » Visit worldvision.org/lp/acsi-teacher-resources for a video you can show to support this lesson. (optional)

Preparation Needed

- » Mark a starting line across the middle of the room with masking tape. The line must be long enough for all participants to stand in a single row. Take 10 steps forward from the start line, create a second line, and label it “Healthy at 5.” Take nine steps back from the start line and create a third line, labeling it “Sick at 5.” Earnings for people occupying this rung may be a dollar a day, sometimes even less.

Activity Steps

1

BEGIN BY SHARING the following:

- » You are about to participate in an activity where the goal is to survive. You are a child under the age of 5 in a country somewhere in the world.

- » You might be lucky. You might live in a country where there is good healthcare for children, you get to go to school, and your parents are employed.
- » You might not be so lucky. In your country, there may be many diseases that threaten your health, or you might be an orphan who has to work instead of going to school.
- » Your goal in this game is to survive to your fifth birthday.
- » Each of you will get a country identity card. Read it carefully and keep it secret. Based on what is written on your card, in this game you will take steps toward good health and survival, or steps that lead you backward to illness and possibly death.
- » Let's begin.

2

GIVE EACH PARTICIPANT a role-play card and invite them to read their cards to themselves silently. Then ask them to line up along the start line facing toward the “Healthy at 5” line.

3

USING THE LEADER’S ACTIVITY SCRIPT, read aloud the information for the first category (birth weight) and the corresponding instruction. Create and hold up a visible heading sign so the participants will know which “fact” on their role-play cards corresponds with birth weight. Based on what is written on their cards, the participants will respond with a step forward or a step back. Repeat this process for all other categories, following them in the order listed.

4

AT THE END OF THE ACTIVITY, EXPLAIN THAT:

- » Those who reached the “Healthy at 5” line survived to 5 years old, and those who did not are closer to illness and death.
- » Those in the middle survived their first five years, but may have health problems as they grow older.
- » Those at the “Sick at 5” line are at greatest risk of dying.

5

ASK PARTICIPANTS TO READ ALOUD their countries and role-play names. Then lead a discussion using the following questions:

- » What surprised you most during this activity?
- » What was the biggest challenge to your health?
- » How do you feel about children who were healthier than you, or those who died before age 5?
- » How would you help children who were less healthy than you? What would you say to them? What do they need?

6

CONCLUDE BY INVITING participants to join you in prayer. Pray that all countries will work toward the common good of children. Pray for a day when the world’s resources are shared in such a way that no child goes without food, shelter, medical care, or education.

RESOURCE

Leader's Activity Script

BIRTH WEIGHT

In many poor countries, pregnant women don't get enough nutritious food or the healthcare they need to deliver babies with a healthy weight. When a child weighs too little when it is born, that child will struggle to develop strong bones and muscles and will have trouble reaching a healthy weight. The child's immune system will be too weak to fight off disease and the child may have learning difficulties later in life.

*Take one step forward if you were born at a healthy weight;
Take one step back if you weighed too little on your birth date.*

HEALTHCARE

When you are young you are seen by a healthcare provider like a doctor or a nurse to make sure you get vaccinations and that you are growing the way you should and that you're healthy. But in some countries, healthcare is not easily available and many people are too poor to see a provider. If a family lives in a remote area, a mother may not be able to get her child to a medical clinic. Children who don't have the ability to get good healthcare can get sick and die from preventable diseases.

*Take one step forward if you've been to the doctor a little or a lot;
Take one step back if you have not.*

FOOD

Food and proper nutrition is one of the most important factors in staying healthy. Good quality food helps children grow strong. In the United States we have an abundance of high quality food. But in many other countries, children don't have enough to eat and are often hungry. Some children may go for days without eating because food is hard to find and expensive to buy.

*Take one step forward if you have enough food to eat throughout the day;
Take one step back if you eat less and are too hungry to play.*

WATER AND SANITATION

The United States is blessed with fresh, dependable water sources and good public sewer systems. However, large numbers of people around the world do not have access to safe, clean water. Because they don't have proper toilets, sewers, or water treatment systems, the water they drink contains dangerous parasites and bacteria that cause disease and diarrhea in young children. When children have untreated, chronic diarrhea, they cannot keep enough nutrients or fluids in their bodies. That's why diarrhea is a leading cause of death in children under five.

*Take one step forward if you drink clean water from a tap;
Take one step back if this is what you lack.
Take one step forward if there's a toilet in your home;
Take one step back if you are forced to roam.*

RESOURCE

Leader's Activity Script (continued)

EDUCATION

In the United States, school is free for all children, no matter who they are or how much money their family has. But for many children around the world, school is not an option. If their parents don't have money to pay school costs, children may have to work or stay home to do chores. Girls are often kept at home to look after their brothers and sisters while their mothers go to work. Children who attend school are more likely to be healthy and able to get better jobs in the future so that one day they can take care of their own families. Children in school are also safer than those who work or live on the streets.

*Take one step forward if your days are spent in school;
Take one step back if this is not the rule.*

MALARIA

Malaria is a serious and sometimes deadly disease carried by certain types of mosquitoes. It is a leading cause of death worldwide. Although we have many mosquitoes in the United States, none of them carry the malaria parasite. Mosquito bed nets treated with special chemicals are cheap to make and very effective in preventing mosquito bites. Yet in many countries where malaria is a problem, many children under the age of 5 do not sleep under a treated bed net.

*Take one step forward if you have a mosquito net;
Take one step back if this is something you didn't get.*

HIV AND AIDS

The human immunodeficiency virus, or HIV, causes AIDS, a fatal disease of the immune system that affects around 37 million people worldwide. The rate of AIDS in the United States is very low, but in most of Africa, one in every 20 adults is infected. There is no cure for AIDS, but life-saving drugs exist that can control it. But in poor countries, the drugs are either too expensive or not available at all. Many children have been orphaned because one or both of their parents died as a result of AIDS, and many children have also been infected with HIV.

*Take one step forward if your parents are alive;
Take one step back if one or both have died.*

EMPLOYMENT

Parents who work can pay the costs of raising healthy children. They can buy nutritious food, pay medical fees, and pay for school costs. Children of unemployed parents may get poor-quality nutrition and may not get the healthcare they need. These children are also more likely to work instead of going to school, and may be exposed to unsafe and unhealthy working conditions, such as scavenging in garbage dumps.

*Take one step forward if one or both parents work for your daily bread;
Take one step back if you or your siblings work instead.*

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RESOURCE

Role-Play Cards

USA /// (ANDREW/JULIA)

- » I was born with a good birth weight.
- » I had good healthcare and got my shots.
- » I have enough food when I am hungry.
- » I have a water tap and toilet in my home.
- » I am able to attend school.
- » I live in an area without malaria and don't need a mosquito net.
- » No one in my family has HIV or AIDS.
- » Both my parents have jobs.



CANADA /// (STEVEN/CAROLINE)

- » I was born with a good birth weight.
- » I had good healthcare and got my shots.
- » I have enough food when I am hungry.
- » I have a water tap and toilet in my home.
- » I am able to attend school.
- » I live in an area without malaria and don't need a mosquito net.
- » No one in my family has HIV or AIDS.
- » Both my parents have jobs.



HAITI /// (EMMANUEL/JOHANNE)

- » I was born underweight.
- » I didn't have healthcare or get my shots.
- » I get only one meal a day.
- » I have a water tap near my home but do not have a toilet.
- » I am not able to attend school.
- » I have a mosquito net.
- » My father died because of AIDS.
- » My mother does not have a job and my siblings work.



DOMINICAN REPUBLIC /// (MARCIEL/ANA)

- » I was born underweight.
- » I had good healthcare and got my shots.
- » I have enough food when I am hungry.
- » I have a water tap and toilet in my home.
- » I am able to attend school.
- » I do not have a mosquito net.
- » Neither of my parents has HIV or AIDS.
- » Only my father has a job.



RESOURCE

*Role-Play
Cards*
(continued)

EL SALVADOR /// (ANTONIO/CLAUDIA)

- » I was born with a good birth weight.
- » I had good healthcare and got my shots.
- » I eat two meals a day.
- » I have a water tap and toilet in my home.
- » I am able to attend school.
- » I live in an area without malaria and don't need a mosquito net.
- » Neither of my parents has HIV or AIDS.
- » Only my mother has a job.



NICARAGUA /// (ERNESTO/TALIA)

- » I was born with a good birth weight.
- » I had good healthcare and got my shots.
- » I eat two meals a day.
- » I have a water tap and toilet in my home.
- » I am able to attend school.
- » I have a mosquito net.
- » Neither of my parents has HIV or AIDS.
- » Only my father has a job.



BRAZIL /// (AUGUSTO/MARIA)

- » I was born underweight.
- » I had good healthcare and got my shots.
- » I only have one meal a day.
- » I have a water tap and toilet in my home.
- » I am able to attend school.
- » I do not have a mosquito net.
- » My mother died because of AIDS.
- » Only my father has a job.



PERU /// (ANDRES/CECILIA)

- » I was born with a good birth weight.
- » I had good healthcare and got my shots.
- » I eat two meals a day.
- » I have a water tap and toilet in my home.
- » I am able to go to school.
- » I live in an area without malaria and don't need a mosquito net.
- » Neither of my parents has HIV or AIDS.
- » Only my mother has a job.



RESOURCE

*Role-Play
Cards
(continued)*

MEXICO /// (ALEJANDRO/GABRIELA)

- » I was born with a good birth weight.
- » I had good healthcare and got my shots.
- » I have enough food when I am hungry.
- » I have a water tap and toilet in my home.
- » I am able to attend school.
- » I live in an area without malaria and don't need a mosquito net.
- » Neither of my parents has HIV or AIDS.
- » Both my parents have jobs.



UNITED KINGDOM /// (DANIEL/EMMA)

- » I was born with a good birth weight.
- » I had good healthcare and got my shots.
- » I have enough food when I am hungry.
- » I have a water tap and toilet in my home.
- » I am able to attend school.
- » I live in an area without malaria and don't need a mosquito net.
- » No one in my family has HIV or AIDS.
- » Both my parents have jobs.



FRANCE /// (THOMAS/MATHILDE)

- » I was born with a good birth weight.
- » I had good healthcare and got my shots.
- » I have enough food when I am hungry.
- » I have a water tap and toilet in my home.
- » I am able to attend school.
- » I live in an area without malaria and don't need a mosquito net.
- » Neither of my parents has HIV or AIDS.
- » Both my parents have jobs.



UKRAINE /// (IVAN/KATERINA)

- » I was born with a good birth weight.
- » I had good healthcare and got my shots.
- » I have enough food when I am hungry.
- » I have a water tap and toilet in my home.
- » I am able to attend school.
- » I live in an area without malaria and don't need a mosquito net.
- » My father died because of AIDS.
- » Only my mother has a job.



RESOURCE

*Role-Play
Cards*
(continued)

SIERRA LEONE /// (SAMUEL/MARIAMA)

- » I was born underweight.
- » I didn't have healthcare or get my shots.
- » I eat one meal every other day.
- » I do not have a water tap or toilet in my home.
- » I am not able to attend school.
- » I do not have a mosquito net.
- » Both my parents died because of AIDS.
- » My brothers have to work because my parents died.



NIGER /// (IBRAHIM/HADIZA)

- » I was born underweight.
- » I didn't have healthcare or get my shots.
- » I get only one meal a day.
- » I do not have a water tap or toilet in my home.
- » I am not able to attend school.
- » I do not have a mosquito net.
- » Neither of my parents has HIV or AIDS.
- » Only my father has a job.



ETHIOPIA /// (AAMINA/BEKELE)

- » I was born underweight.
- » I didn't have healthcare or get my shots.
- » I get only one meal a day.
- » I do not have a water tap or toilet in my home.
- » I am not able to attend school.
- » I do not have a mosquito net.
- » Both my parents died because of AIDS.
- » I work because both my parents have died.



TANZANIA /// (ENDARI/AMIDAH)

- » I was born underweight.
- » I had good healthcare and got my shots.
- » I get two meals a day.
- » I have a water tap near my home but do not have a toilet.
- » I am able to attend school.
- » I do not have a mosquito net.
- » My father died because of AIDS.
- » Only my mother has a job.



RESOURCE

*Role-Play
Cards
(continued)*

UGANDA /// (WILLY/ESEERI)

- » I was born underweight.
- » I didn't have healthcare or get my shots.
- » I get only one meal a day.
- » I have a water tap nearby but no toilet in my home.
- » I am able to attend school.
- » I do not have a mosquito net.
- » My mother died as a result of AIDS.
- » Only my father has a job.



MALAWI /// (CHIKUMBU/SALIZA)

- » I was born underweight.
- » I had good healthcare and got my shots.
- » I get only one meal a day.
- » I have a water tap and toilet in my home.
- » I am not able to attend school.
- » I have a mosquito net.
- » My father died because of AIDS.
- » My older siblings work to support my family.



SOUTH AFRICA /// (MAMELLO/PULENG)

- » I was born underweight.
- » I had good healthcare and got my shots.
- » I get only one meal a day.
- » I have a water tap and toilet in my home.
- » I am able to attend school.
- » I do not have a mosquito net.
- » Both my parents died because of AIDS.
- » I have to work because my parents died.



AFGHANISTAN /// (ASSEF/SORAYA)

- » I was born underweight.
- » I had good healthcare and got my shots.
- » I rarely eat because my parents cannot afford food.
- » I do not have a water tap or toilet in my home.
- » I am not able to attend school.
- » I do not have a mosquito net.
- » No one in my family has HIV or AIDS.
- » I have to work because my parents do not have jobs.



RESOURCE

*Role-Play
Cards*
(continued)

CHINA /// (LI/YING)

- » I was born underweight.
- » I had good healthcare and got my shots.
- » I get only one meal a day.
- » I live near a water tap but don't have a toilet in my home.
- » I am able to attend school.
- » I do not have a mosquito net.
- » My mother died because of AIDS.
- » I have to work since my father doesn't have a job.



INDIA /// (VIKRAM/PRIYANKA)

- » I was born underweight.
- » I didn't have healthcare or get my shots.
- » I get one meal every other day.
- » I live near a water tap but do not have a toilet in my home.
- » I am able to attend school.
- » I do not have a mosquito net.
- » My mother died because of AIDS.
- » I have to work since my father doesn't have a job.



SRI LANKA /// (KASUN/DILINI)

- » I was born underweight.
- » I had good healthcare and got my shots.
- » I get only one meal a day.
- » I have a water tap but no toilet in my home.
- » I am able to attend school.
- » I do not have a mosquito net.
- » No one in my family has HIV or AIDS.
- » Only my father has a job.



JAPAN /// (HIROSHI/YOKO)

- » I was born with a good birth weight.
- » I had good healthcare and got my shots.
- » I have enough food when I am hungry.
- » I have a water tap and toilet in my home.
- » I am able to attend school.
- » I live in an area without malaria and don't need a mosquito net.
- » No one in my family has HIV or AIDS.
- » Both my parents have jobs.



RESOURCE

*Role-Play
Cards*
(continued)

AUSTRALIA /// (JACK/ISABELLA)

- » I was born with a good birth weight.
- » I had good healthcare and got my shots.
- » I have enough food when I am hungry.
- » I have a water tap and toilet in my home.
- » I am able to attend school.
- » I live in an area without malaria and don't need a mosquito net.
- » No one in my family has HIV or AIDS.
- » Both my parents have jobs.



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