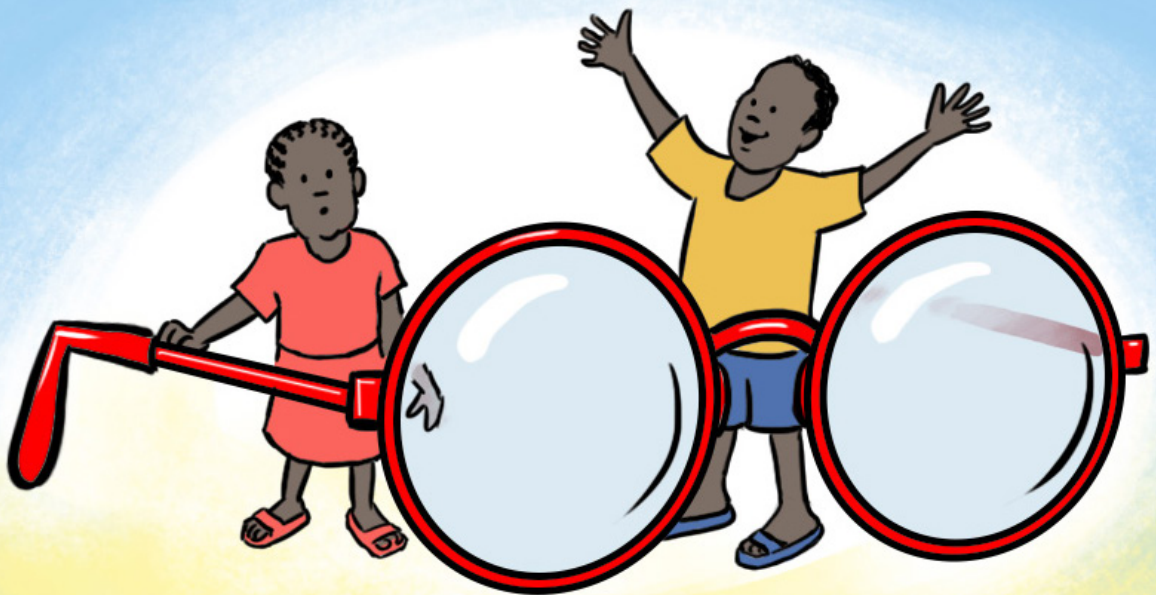


# The Special Glasses

A story about stomach pain and how to avoid it



A Children for Health book

## Acknowledgements

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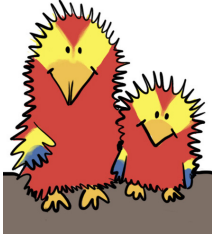
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# Characters



ZuZu and ZaZa



Wise Monkey



Mika



Christina



Mama Ruth

## New words list

10 words in the story that may be new.

- |    |              |                                                                              |
|----|--------------|------------------------------------------------------------------------------|
| 1  | Perched      | Sitting on a branch or another object.                                       |
| 2  | Groaning     | A low noise people make when in pain.                                        |
| 3  | Swayed       | Moved from side to side.                                                     |
| 4  | Dehydrated   | Getting too dry, like when a body or plant does not have enough water.       |
| 5  | Microbes     | Germs, bacteria or viruses that make you ill. They are too small to see.     |
| 6  | Squawked     | Made a loud sudden noise.                                                    |
| 7  | Immunisation | An injection or drops that stop us getting dangerous diseases and illnesses. |
| 8  | Liquid       | Something that you drink like water, milk or juice.                          |
| 9  | Boiled       | When water has been heated until it bubbles.                                 |
| 10 | Firm         | Not soft when you squeeze it.                                                |



It was the first day back at school. Christina and Mika were very excited, but they woke up with bad stomach ache. While they were getting ready for school, they had to run to the latrine again and again.

'Ow! Ow! Ow!' cried Christina. 'I hate having stomach ache and feeling bad. Mama, I can't sweep the house before I go to school today. I feel weak. What is the matter with me?'

'You have diarrhoea,' said Mama Ruth. 'You cannot go to school with diarrhoea.'

Christina clutched her stomach and ran outside to the latrine again.

'Ouch! Ouch! Ouch!' said Mika. 'I have already been to the latrine twice and my poo is watery. I hate diarrhoea. Now we will miss all the fun at school. I wish I could make the diarrhoea go away and never come back.'



Christina came back in the house and lay down.

'I am always getting diarrhoea. I never want to get diarrhoea again,' she said. 'Where does diarrhoea come from?' she asked.

'I wish I knew,' said Mika. 'Perhaps it comes from the hot sun, or from unripe fruit, but I don't know. We need to find out where diarrhoea comes from, then we will know how to stop it.'

Mika frowned. 'Arggg! I must run!'

*The children cannot go to school and have fun because they have got diarrhoea. They have watery poo and run to the latrine with stomach ache many times. They want to find out what causes the diarrhoea so they never get it again.*

ZuZu the parrot and his little sister ZaZa were perched in the tree outside the house. They loved to follow the children to see what they were doing. The parrots were looking forward to the first day back at school too. They liked to follow the children there and see what they were doing in lessons and at playtime.

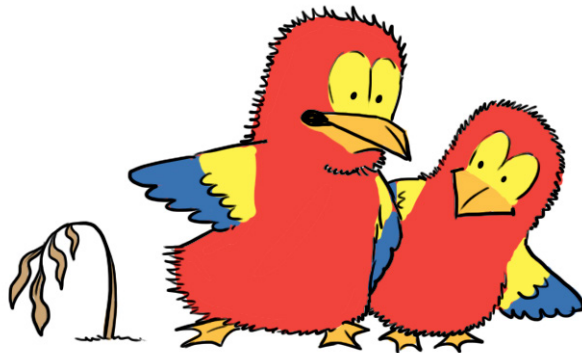
But the parrots heard funny noises coming from the house. 'Ow! Ow! Ow! Ouch! Ouch! Ouch!'

'I don't think Mika's singing is very good,' said ZaZa.

'That's not singing ZaZa,' said her big brother, 'that is groaning. It sounds like the children are sick and unhappy.'

'Oh no!' said ZaZa. 'Do you think the children have diarrhoea again? Bother, bother, bother. That is boring. They will not go to school. All they will do all day is run to the latrine. Backwards and forwards. Backwards and forwards.' ZaZa swayed to and fro as she said this and almost fell off the branch.

ZuZu looked worried. 'It's not funny, ZaZa. Diarrhoea can be dangerous, especially for little children because they can lose too much water from their bodies and become dried out and dehydrated like a plant with no water.'



'A plant with no water can die. That is bad,' said ZaZa. 'Yes. Diarrhoea is dangerous for young ones. We must find a way to help the children never get diarrhoea again.'

'Hmm,' said ZuZu. 'I think we must go and see Wise Monkey. Wise Monkey lives in the park outside the big secondary school. He knows lots about science and how things work. Let's go and see him.'

*ZaZa and ZuZu hear the children groaning. They are sad because the children have diarrhoea and decide to ask Wise Monkey how they can help the children.*

Wise Monkey was very kind and clever. He had grey hair and clever eyes, and he liked to sit and read about science with a pair of glasses on his nose.

'Yes, yes,' said Wise Monkey. 'I know where diarrhoea comes from. The children keep getting diarrhoea because they don't understand about germs.'

'What are germs?' said ZaZa.

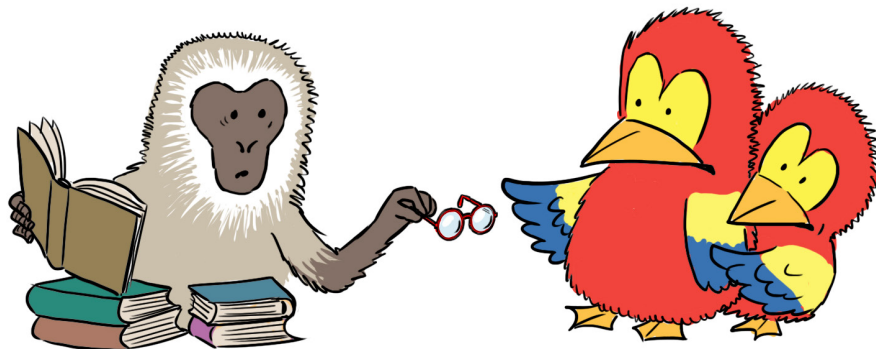
'Germs are tiny, tiny microbes that live in dirt. They are much too small to see. They are invisible. Many, many germs live in poo. Germs like to get inside people's bodies and then more germs grow inside the body until the person feels sick.'

'But how can the children stop the germs from getting in their bodies?' asked ZuZu.

'It is not so hard to stop the germs getting in your body, but you must know how,' said Wise Monkey. 'You must wash your hands with soap after a poo. And you must wash your hands with soap before you cook food or put your hands into your mouth. The germs stick to the soap and then you wash them away. We need to give our hands a good rub to get the germs really sticking to the soap, so it's not just a short wash. Sing a song while you wash and then you will spend enough time washing!'

'I see. But how can we tell the children about washing away germs? When I talk to the children, they think I am just squawking,' said ZuZu.

'Hmm,' said Wise Monkey. 'I will give you a pair of my special glasses. You must take them to the children.'



Then Wise Monkey helped the parrots to make a plan.

*Wise Monkey says that diarrhoea is caused by germs and many germs live in poo. The children must wash their hands after a poo and before cooking food or touching their mouths. He gives the parrots a pair of special glasses.*

ZuZu took the special glasses in his beak and flew to the children's house. ZuZu sat on the window ledge and dropped the glasses inside the room. Mika sat up in bed. He was starting to feel better. He got up and picked up the glasses.

'How strange. The parrots have brought us some glasses. Do I look good in these glasses?' said Mika. He put the special glasses on.

Suddenly Mika got smaller and smaller. He was so tiny that the special glasses looked as big as cars. Mika was as small as a baby bird.

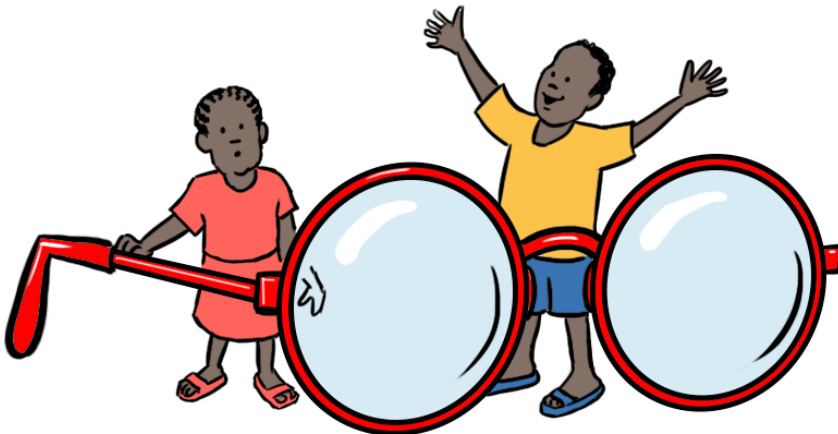
Christina was amazed to see her brother suddenly disappear. 'Where did you go Mika?' she cried. 'Stop playing tricks.' She got up and put on the special glasses. Suddenly Christina grew smaller and smaller too, until she was as tiny as Mika.

Everything in the room looked very big. The chair was as tall as a house. The table was like a mountain.

'Wow,' said Mika. 'What happened? This is amazing!'

'Do you want to know where diarrhoea comes from and how to stop it?' said a voice.

Mika looked up and saw the parrots. They were huge! He could understand what the parrots were saying! The parrots were talking.



'These are very strange glasses, Christina. They made us very, very small, and now the parrots are talking. I can understand what the parrots are saying!'

*When the children put on the glasses they become tiny, and they can understand what the parrots are saying.*

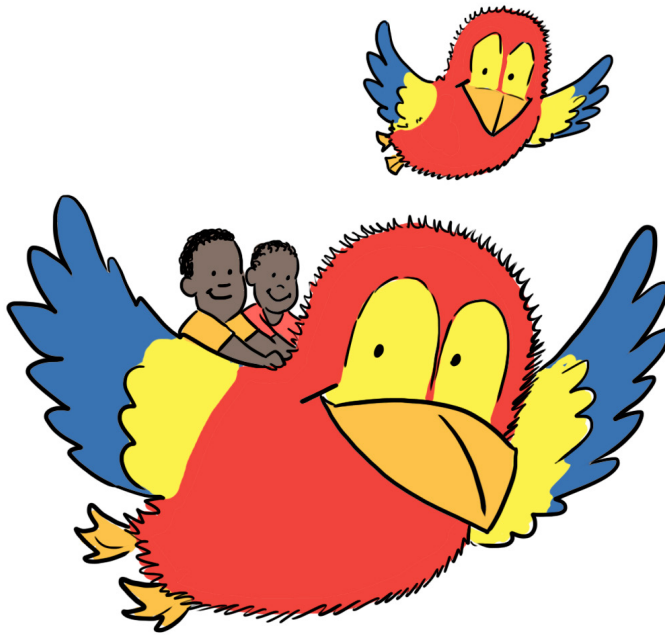


'Good,' said ZuZu, 'because we have a lot of things to tell you. Do you want to go on a journey to find out where diarrhoea comes from and how to stop it?'

'Yes,' said Mika and Christina.

'Then climb on my back and off we go,' said ZuZu.

ZuZu flew out of the window with the children on his backs! The parrots flew into a neighbour's house and into their kitchen. The pots and spoons in the kitchen were as big as houses. The pots and the spoons were dirty.



'Look,' said Mika. 'There are some bad-looking creatures sitting on the spoons.'

'Yes,' said ZuZu. 'They are called germs. Germs cause diarrhoea.'

'So that is what has been making me sick,' said Mika. He ran to the spoon and shouted, 'Go away germs!' But the germs did not go away. They sat on the spoon looking mean and nasty.

'And look,' said Christina. 'There are more and more germs. They are multiplying. There are lots of them growing on the dirty spoons and pots.'

*The tiny children and the parrots fly to a kitchen. The kitchen is dirty and everything looks very big. The spoon is bigger than Mika. They see germs growing on the spoons and pots.*

'What will happen if you eat with that dirty spoon?' said ZaZa.

'Yuk. If I eat with that spoon the germs will get into my mouth,' said Christina.

'Yes and then they will grow and grow into an army of germs inside your stomach. The germs will make you have a bad pain and then you will have diarrhoea. And it is the same if you eat food with dirty hands. If you eat with dirty hands then you will get germs in your mouth and you will get diarrhoea.'



Mika was smaller than the spoon but he ran over and shouted angrily at the germs. 'I am going to fight you and get rid of you!' He put his fists up like a boxer!

ZuZu smiled. 'Yes, Mika, we need to fight the germs and get rid of them. We will show you how to do it.'

'Ok,' said Mika, 'I am ready. Show me how to fight the germs.'

'Climb up on my feathers and we can go,' said ZuZu.

*The tiny children can see germs on the dirty spoon and pots. If they eat food from dirty hands or a dirty spoon the germs will get in their mouths and give them diarrhoea.*

The parrots took the tiny-sized children to watch a lady who was washing her cooking pots.

'But where are the people who are fighting the germs?' asked Mika, looking around.

'Watch carefully,' said ZuZu. 'The lady washing her pots and spoons is fighting the germs.' The children went closer looked carefully. They could see all the germs sliding off the cooking pots and into the soapy water.

'Hooray,' said Christina. 'So soapy water washes the germs away?'

'Yes,' said ZaZa. 'Everyone can fight germs by washing them away with soap and water and rubbing well.'

'Jump on my back,' said ZuZu, 'and I will show you something else. You can also fight germs by washing your hands.'

The parrots stopped on a branch near a latrine. A little boy came out and the tiny children could see that the boy had germs on his hands. The boy washed his hands with soap and all the germs were gone.



Then a girl went to the latrine. She came out but she did not wash her hands. The children could see the germs on her hands. The germs looked happy, as if they were having a party.

'Wash your hands,' shouted Christina to the girl. 'Those germs are bad. Wash your hands.' But Christina was so tiny that her voice was too quiet and the girl could not hear her. Then the girl took something from her pocket and started to eat it. The germs were sliding about on her fingers and getting onto the food.

'Oh no,' said Mika. 'Now the germs will go down into her stomach and she might get diarrhoea! She should have washed the germs off her hands like the boy did. She is going to be sad if she gets sick.'

*The parrots show the children a woman washing germs off her pots. A boy comes out of the latrine and washes germs off his hands with soapy water and lots of rubbing. Then a girl uses the latrine but does not wash her hands. She may get sick.*

'ZaZa and ZuZu, how can we tell everyone about washing the germs off dirty pots and off your hands?' said Christina.

ZaZa looked happy like she had a good surprise. 'How about some songs for you to share with your friends? The songs work best to stop diarrhoea if you add special actions to go with the songs so people can remember the messages.'

The parrots sang a song and they used their wings like arms to show the children how to do the actions. The children had fun learning the song and copying the actions.

- 1 This is how we wash our hands (rub hands together)  
Wash our hands, wash our hands.  
This is how we wash our hands  
After using the latrine (hold nose)
- 2 After touching animals (pat dog)
- 3 Before cooking food (stir a pan)
- 4 Before eating food (eat food)
- 5 Before feeding baby (feed a baby with a spoon)



'So we must always wash our hands at these times then?' said Christina.

'Yes,' said ZuZu, 'but to be safe, it is best not to touch your mouth with your hands even when your hands look clean. All day we might get tiny germs on our hands so we need to be careful not to put our hands in our mouths. Try and imagine a triangle on your face and it will remind you not to touch your mouth, nose and eyes.'

*ZaZa and ZuZu teach the children a song with actions to remind them to wash their hands before eating food, or after touching poo or animals. The children will teach it to their friends in the village. The parrots also tell the children not to touch their mouth, nose and eyes and let germs get in their bodies.*

Now we are going to see the children playing in the village.  
'Jump on my back,' called ZuZu, and off they flew.

The parrots took the tiny children to the village.

The boys were playing football. They were hot.

'I am very thirsty,' said a boy.

He ran to his house nearby. There was a plastic container with some old water in the bottom. It had been standing there for a long time.

Mika and Christina looked at the container. It was as big as a house. They could see hundreds of bad germs swimming in the stale water.

The boy did not see Christina and Mika because they were so small. He could not see the tiny germs in the water.

He picked up the plastic container and drank some of the stale water.

'Oh no,' said Christina. 'He will get germs in his stomach and get diarrhoea.'

'Look,' said ZaZa, 'Wise Monkey is running to see us. He looks worried.'

'Hurry,' said Wise Monkey. 'The children must go home and help their neighbour. The neighbour's baby is very sick with diarrhoea. Diarrhoea can be dangerous for babies if they do not drink enough.'

The children jumped onto ZuZu's back and off they flew.



*The children watch some boys playing football. A thirsty boy runs home and drinks some stale water. He cannot see the germs in it. He will get diarrhoea.*

'Why is it dangerous if a baby with watery poo does not drink enough?' said Mika as they flew home on Zuzu's back.

'A little baby can lose too much water if they keep doing watery poo. If they do not have enough water in their body they can die, like a plant in the hot sun.'

The parrots landed in front of the neighbour's house. The children slid off Zuzu's back. As they did, the children grew to their normal size. The parrots flew away. The parrots squawked, 'Goodbye,' but the children could not understand them anymore. The children rushed inside to see the baby.



'My baby has been doing watery poos all day. She cries, but she has no tears, and her skin is loose. And her hands and feet feel a little bit cold too. She looks very sick.'

'Yes,' said Christina. 'She has lost too much water in her poo. She needs more liquid in her body quickly. Give her something to drink, quickly. A baby needs to drink plenty of mother's milk. That is best. Or give the baby safe clean water. It must be safe. Has it been boiled?'

The baby had some breast milk. It was slow as the baby was crying. But soon the baby looked better. 'Later she can have some tasty mashed food. That will help her get stronger,' said the baby's mother. 'Thank you for helping me make sure my baby had enough water in her little body. You are very clever children.'

The children went home. 'We must have more to drink too, Mika,' said Christina. 'We have had watery poo.' The children drank some water that Mama boiled so that any germs were killed.

*The children go home and are big again. The parrots fly away with the glasses. The children tell their neighbour that her baby needs to drink to make up for the watery poo coming out of her body. Breastmilk is the best for the baby or clean, safe water that has been boiled.*

The next day the children felt better and they went back to school. They told the teacher about how they had helped make sure that the baby had enough to drink while she had diarrhoea.

'Well done,' said the teacher. 'Now I have something to show you. We are going to make a bottle baby.'

'What is a bottle baby?' said Christina to Mika. 'I have never seen a bottle baby.' The teacher got a plastic bottle. He drew a face on the front and cut a hole for a mouth. He made a little hole in the bottom and put his thumb over it. He filled the bottle with water.

'Here is my bottle baby,' he told the children. 'She is nice and strong and full of water. Like our body most of the bottle is made up of fluid. A healthy body needs to keep that much fluid in it to work well. But look!' He took his thumb off the hole at the bottom again and again. 'Look, my bottle baby has watery diarrhoea. What is happening?' The children were laughing and laughing and rolling around as they saw the bottle having a watery poo! 'The water is running out of her bottom,' said Mika giggling. 'The baby is becoming empty!'

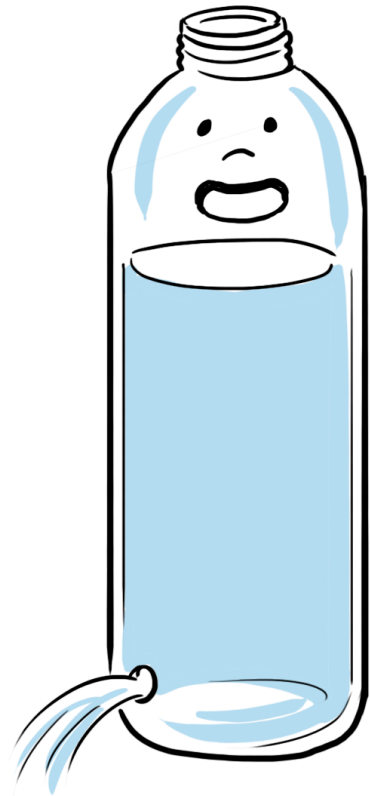
'Yes,' said the teacher, who was also smiling. 'But, children, there is a serious message. The baby's body needs to be almost full of fluid to be healthy. If the baby loses too much fluid she will become dehydrated. She will die! What can we do?'

'Put some fluid in the top and fill the baby up again,' said Christina.

The teacher put some safe, clean water in the bottle baby's mouth and soon the bottle baby was nice and firm and full water. 'I will add some more each time the water comes from the bottom. What is the best fluid to give a baby?'

'Breastmilk!' all the children shouted.

'Yes!' said the teacher. 'Now, please go home and make bottle babies to show your friends. Show them that you know babies with watery poo need to keep drinking safe drinks like breast milk or clean, safe water. Soup is also good. All the drinks must be safe from germs.'



*The children are better and go back to school. They learn about the bottle baby.*



The children wrote songs about fighting diarrhoea. They taught everyone the songs and the actions for the songs. 'Actions are important for fighting diarrhoea,' they said.



Everyone in the village got together to make Tippy Taps outside their latrines so that people could wash their hands after the latrine.

Mika and Christina started new habits – to wash their hands after the latrine and before touching food. They washed their pots and did not eat food or water that was dirty and old. They did not touch their mouths and face with their hands.

Every time they were in a hurry or the soap or water was not nearby, Mika and Christina had to remind themselves and each other that they **MUST** take the trouble to find the soap and water and not be in a hurry. 'It takes much longer to be ill,' said Christina to her friend one day, who told her washing hands with soap was sometimes difficult and boring. 'We have to imagine that germs are around us all the time, and soap and water are our weapons to help us fight them. If you don't wash your hands then you are helping to spread the germs to others too.'

The teacher was happy because she noticed that fewer children were absent from school. The children in the playground could often be heard singing the songs and playing clapping games with the songs too. 'What clever children I have in my school,' said the teacher. 'Where did you children find out what to do to stop diarrhoea?'

The parrots heard the teacher and in the tree outside the school window ZaZa jumped up and down. 'It was a clever bird that showed them,' she squawked loudly. She puffed up her chest and shook her tail feathers.

'And a very Wise Monkey,' said ZuZu. 'I am so happy that the children do not have diarrhoea and can go to school. Now we can watch them have fun and play.'

*The children teach everyone the songs and the actions to remind them how to fight diarrhoea.*



### **The fighting diarrhoea song**

Ow ow ow, keep away diarrhoea  
You give us stomach pains  
We're going to stop you hurting us  
We're going to wash our hands.

Ow ow ow, keep away diarrhoea  
You give us stomach pains  
We're going to stop you hurting us  
We're going to wash our spoons and pots.

Ow ow ow, keep away diarrhoea  
You give us stomach pains  
We're going to stop you hurting us  
We're going to drink safe, clean water

Ow ow ow, keep away diarrhoea  
You give us stomach pains  
We're going to tell everyone  
Mama's milk is best for baby.

Ow ow ow, keep away diarrhoea  
You give us stomach pains  
We're going to stop you hurting us  
We're going to get immunised.

### **The don't drink dirty water song**

Five little parrots went out to play  
One drank dirty water  
He got diarrhoea  
and he couldn't come out next day

(Repeat using four, three, two parrots and finally one parrots.)

ZaZa and ZuZu came out to say  
Don't drink dirty water  
Don't eat food that's gone bad  
Then everyone can come out and play

# Activities

The story *The Special Glasses* is for children aged 10–14 depending on their reading ability. They can also read it to younger children. Its focus is on preventing diarrhoea, washing hands, creative thinking, team work and problem solving.

## Ideas for using the story book

1. Ask the children to look at the cover. Ask them to guess what the story is about.
2. Read the story with them.
3. Ask the children to read the story to each other or to someone at home.
4. Ask the children to share or act out the story with younger brothers, sisters or friends.

## Talking about the book

Get the children into pairs or groups, ask the questions and then ask the children to discuss the questions in pairs or groups. Discuss the questions as a whole group at the end.

## Ideas for questions

### Response to the story questions

1. Did you like the story?
2. Which bit did you like the best? Why?
3. Do the pictures help to tell the story? How?

### Reading between the lines questions

1. Does everybody in your home and village know about germs? Why?
2. What causes diarrhoea? Is it one thing or lots of different things?
3. If people understand about germs do you think they will wash their hands more?
4. Why do people not wash their hands after the latrine or before touching food?
5. How will the bottle baby help people?
6. Can children help grown-ups understand about what causes diarrhoea?
7. How can you help people remember to wash their hands at the important times?

## Suppose questions

1. Suppose you are Mika and you want to fight the diarrhoea germs. How can you fight them?
2. Suppose you see a boy come out of the latrine and not wash his hands. What will you say to him?
3. Suppose your baby sister has diarrhoea. What will you tell your mother to make sure the baby gets better?

## Linking the story to real life questions

1. Do children need to know about germs?
2. How does washing your hands fight germs?
3. When must you wash your hands?
4. Why is it not safe to eat or drink old or dirty food or water?
5. How can you make sure water is safe?
6. What safe drinks can a baby drink?
7. How can you have soap and clean water to wash your hands every day?
8. How can you make sure food has not gone bad?

## Ten comprehension questions

1. Why do Mika and Christina not go to school?
2. Why do ZaZa and ZuZu go and see Wise Monkey?
3. What happens to Mika and Christina when they put the special glasses on?
4. What do they see on the spoon in the dirty kitchen?
5. What happens if you put a dirty spoon or hand in your mouth?
6. How can the woman fight the germs on the dirty spoon?
7. Why are the children worried when the boy does not wash his hands after going to the latrine?
8. What will happen to the boy who drank stale and dirty water?
9. What happens to babies if they have diarrhoea and do not drink?
10. What is a bottle baby?

# Activities to do in class or a club

## Learning and sharing messages

1. In pairs, small groups or a whole group, children learn one or more message about diarrhoea.
2. Children create actions to go with the message (this makes it easier to remember).
3. Children share the message with friends and family.



### The Children for Health messages

Children for Health has created 100 messages for children to learn and share. There are 10 messages in 10 health topics. Here are the Children for Health 10 DIARRHOEA messages. The other messages can be found on the website.

### 10 messages on diarrhoea for children to learn and share

1. Diarrhoea is watery poo that happens three or more times a day.
2. Diarrhoea is caused by germs getting into the mouth from contaminated food or drink, or touching the mouth with dirty fingers or using dirty spoons or cups.
3. The loss of water and salts makes the body weak. Unless these are replaced, diarrhoea can kill young children quickly from dehydration.
4. Diarrhoea can be prevented by giving extra safe drinks like safe water, or coconut or rice water. Babies need breast milk most of all.
5. A child with diarrhoea may have a dry mouth and tongue, sunken eyes, no tears, loose skin, and cool hands and feet. Babies may also have a sunken soft spot on the head.
6. Children doing more than five watery poos a day or bloody poo or who start to vomit too MUST be seen by a health worker.
7. ORS stands for Oral Rehydration Solution. Find ORS at clinics and shops. Mix it correctly with clean safe water to make the best drink for diarrhoea.
8. Most diarrhoea medicines do not work but zinc pills stop diarrhoea sooner for children over 6 months. ORS drinks MUST be given as well.
9. Young children with diarrhoea need tasty, mashed food as often as possible to make their bodies stronger.
10. Diarrhoea can be prevented by breastfeeding babies, good hygiene habits, immunisation (especially against rotavirus and measles) and making sure food is safe.

## Role plays and dialogues

1. In small groups children create a role-play in which they learn one or more diarrhoea message at school, share it with friends and family, and then return to school to report on what they have done.
2. In pairs, children create a dialogue between a person who knows a diarrhoea message and a friend who does not (for example two mothers). They meet each other and the person who knows the message shares it with their friend. The person who does not know the message gives reasons why they think the message is wrong or difficult for them to follow. The other person gives reasons why the message must be followed.

## The good question

Children think about one or two good questions they can ask their friends or family to start a discussion about how to follow the messages, for example:

- *Why don't we use soap when we wash our hands?*
- *What makes it hard to remember not to touch our eyes, nose or mouth when we have dirty hands?*
- *What are the times when it's necessary to wash our hands properly? Why is it so often difficult?*

You can make up other questions linked to challenges to do with putting the messages into practice.

## The Tippy Tap

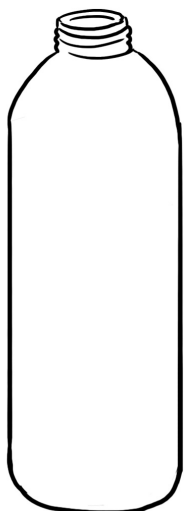
As the water and soap need to be replenished, ask children to think about how this can be done. Materials for the Tippy Taps and how soap might be replenished in families might be a good topic for children to discuss at village health committees.

## Bottle baby activity

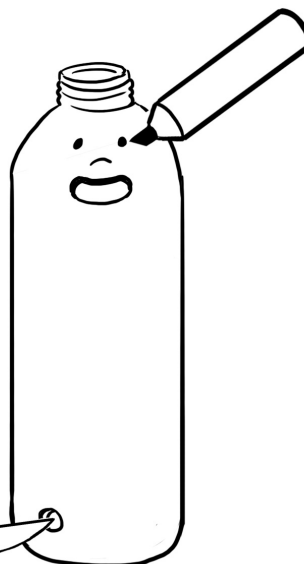
Get a plastic bottle. Draw a face on it to make a bottle baby. Then make two holes: one in the 'mouth' area and one very small one at the bottom.

### How to make a Bottle Baby

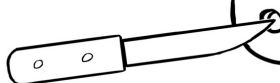
Plastic bottle



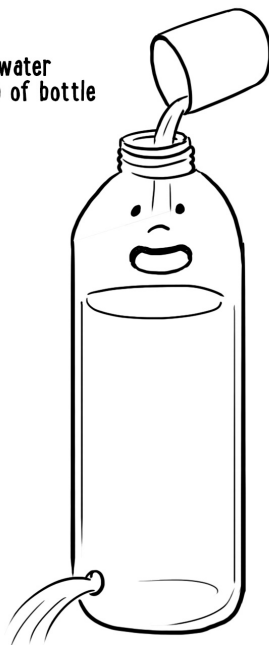
Draw face on top of bottle



Cut hole at base of bottle



Pour water in top of bottle



Put water in the 'mouth' of the bottle baby and show it running from the bottom hole. Show the children what happens when we have diarrhoea. Keep pouring water into the bottle baby and let it run right through. Explain that the bottle baby is like a person with diarrhoea. When we vomit, liquid is lost from the mouth too.

Next, keep on pouring in water to keep the water level even while water is still running out. Explain that our body needs to have a certain amount of water in it to function well. This is about 80% of our body. So a person with diarrhoea needs liquid each time they pass a loose stool to replace the liquid they have lost. This is especially important in babies and young children. When the level of water in the body falls too low, a person is dehydrated and this is dangerous. They quickly need more liquid. The best liquid is made from Oral Rehydration Solution (ORS) powder mixed with clean, safe water. If ORS is not available give clean, safe water. Health clinics usually give zinc tablets to go with the ORS as this helps to shorten the time a person has diarrhoea. After having diarrhoea babies and children need extra food to get their body to full strength again.

This activity shows that we need to keep putting clean, safe liquid into a body for as long as a person has diarrhoea to replace the liquid that they lose.

It is fun if the children do this experiment themselves and at home to show others what happens when a person has diarrhoea and why giving clean, safe liquids to babies with diarrhoea is very important.

### **Discuss the activity**

What happened to the water in the bottle baby's body?

How do we keep enough liquid in our bodies all the time? (Liquid must be replaced every time it is lost.)

What happens to people, animals and plants if they have nothing to drink?

### **Summarise the main points**

When we have diarrhoea, our bodies lose a lot of liquid (especially if we are vomiting and have fever).

When we lose liquid from our bodies, we lose nutrients too. Liquid and nutrients are essential to our bodies. If we lose too much and they are not replaced soon, we will die.

### **Sharing ideas at community events**

At community events children can show their dramas, dialogues and debates, demonstrate the Tippy Tap and sing songs about hygiene. Community leaders and children can discuss together the answers to children's questions.

# About this book

This book was co-created with adults and children from the Paleng Children's Centre. It is the sixth book in the Children for Health series.

Rainbow Garden: Growing colourful food to keep you healthy

1. *Everyone Counts*: How to share your food so everyone gets enough to eat
2. *The Puzzle*: How to keep clean and why it is important
3. *How to be Good at Football*: Why small things are important: A story about micronutrients
4. *A Stone is a Strange Thing*: A story about ebola, grief and loss, and how friends can help

Each of the stories has a vocabulary section at the start and an activities section at the end. There are health messages at the end of the book linked to the topic of the books.

## How to use this book

You can use this book in different ways depending on the ages and abilities of the children.

- Show the children the front page of the book, the title and picture. Ask them what they think the book might be about and show them the pictures inside. Talk about the new words and ideas. Now the children know a little about what to expect.
- Read the story to the children, asking them questions and making comments to help them follow the story as needed. Then let the children read the story to you, to each other or to themselves. It is good to read the same story more than once so the children can get better at reading and remember the ideas.
- For beginner readers there is a short version of the story at the bottom of the page.
- Let the children make their own plays, songs and stories about the health messages. There are activities at the end of the book so the children can remember and use the health messages in a fun way.



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