

MAKING OUR OWN ACTIVITY SHEETS

Who makes Activity Sheets and why?

Activity Sheets often need to be locally produced to reflect local priorities and to suit the need of local groups who use it.

The contents of Activity Sheets, therefore, need to be in a language which these users can easily understand. Activity Sheets should never contain complicated medical language which frightens and confuses users.

Activity Sheets are often made by a small group of people, each of whom has a particular contribution to making the sheet work well, e.g.

- a doctor or health worker who understands the medical priorities.
- a teacher or youth worker who understands how to communicate with children.
- a local community member who knows about the children or the area and what is acceptable and not acceptable.
- a writer or storyteller who knows how to make the sheet interesting and fun.

REMEMBER

People who have contributed to making Activity Sheets become very much more committed to using the sheets as a result.

Guidelines for making an Activity Sheet

What is an Activity Sheet?

An Activity Sheet offers general suggestions for a 'Child Involved' approach to one topic or theme. It is NOT a set of teaching notes.

It is often designed to be used not only by teachers but also by organisers of non-formal education such as health clubs and scouts, though in certain cases it can be produced to fit the needs of just one group.

Some criteria for choosing the content of a sheet

- The topic must be a real priority for the people who are using it.
- The content must be absolutely medically correct and reflect up-to-date medical thinking.
- The topic and activities must be within the capability of children.
- The activities must be interesting for children and fun for them to do.

What does the sheet usually contain?

- 1 A summary of the main content.
- 2 The main concepts.
- 3 Activities. (Remember to include 'finding out' activities; activities for the class; activities in families and activities in the community.)
- 4 A section on evaluation (called 'Follow-up').
- 5 A section on 'How to use this sheet'.

(Note: You may wish your sheet to have a different order or different sections.)

How to go about your task

- 1 Select the topic or topics you wish to cover. (Our experience is that no more than four persons can usefully work on a sheet.)
- 2 Study other sheets.
- 3 Brainstorm on the 'content section', then write it.
- 4 Brainstorm on the Activity section, then write it.
- 5 Write the evaluation (Follow-up) section.
- 6 Lastly write the 'Idea'.
- 7 Decide what illustrations you want and do roughs of them.
- 8 Get a medical consultant to read through the text and look at the roughs of the illustrations.
- 9 Get a language expert to read through the text.
- 10 Type up (or get typed). Paste in roughs.
- 11 Final read through by panel.

REMEMBER

Writing an Activity Sheet is a very tricky job. Every word must count.

About Child-to-Child

Child-to-Child is a rights-based approach to children's participation in health promotion and development spread by a world-wide network of health, community and education workers in over seventy countries.

The Child-to-Child approach seeks to involve communities in making decisions and taking action to improve their own health. The Child-to-Child approach involves children taking this action in three ways:

- 1 Through helping to care for their younger brothers and sisters and other young children in their family group, and working with parents to improve the health of the whole family.
- 2 Through assisting children in their own age group including those who have not gone to school.
- 3 Through working together to spread health ideas and improve health practices in school, home and community.

THE CHILD-TO-CHILD TRUST

The Child-to-Child Trust has been based at the University of London since 1978. It is an independent charity closely linked to the University's Institutes of Child Health and Education, but drawing on expertise from many other institutions in Britain and beyond. The roles of the London office are:

- To design and distribute health education materials.
- To advise and assist in the implementation and evaluation of Child-to-Child projects.
- To coordinate a world-wide information network on projects using the Child-to-Child approach.

Contact us at:

**Child-to-Child
Institute of Education
20 Bedford Way
London WC1H 0AL**

Telephone: +44 (0)20 7612-6648

Fax: +44 (0)20 7612-6645

e-mail: ccenquiries@ioe.ac.uk

Website: www.child-to-child.org

Registered Charity Number 327654

