



**CERTIFICATION COURSE
FOR MASTER TRAINERS IN
EDUCATION & SANITATION**



This certification course is part of Hygiene with Chhota Bheem- a play-based curriculum promoting awareness and advocacy of best practices in health and hygiene for young children across India.

To view and download the learning resources for children, visit

<https://elab.emerson.edu/hygiene/>

WE WOULD LOVE TO HEAR FROM YOU!

Please feel free to adapt the Hygiene with Chhota Bheem learning material in your own organisations and communities. Do write to us to let us know how you adapted our material.

If you would like to enrol in the certification course (available in Tamil Nadu), or invite our master trainers in Tamil Nadu to your organization, **please contact**

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INTRODUCTION



This certification course (facilitated over four days, with additional days for on-ground implementation) is an in-person workshop for educators, health workers, and youth advocates who want to train as master trainers of the Hygiene with Chhota Bheem learning program and campaign.

Trainees will be equipped with the skills to initiate dialogue and action in their communities on topics of health and hygiene and train members in their community to work with children as change-makers.

Objectives

- To introduce trainers who work in the fields of education and health to the Hygiene with Chhota Bheem learning material and campaign.
- To equip master trainers with the skills to train educators, health workers, youth advocates, and young children in health-related action and advocacy for their communities.

Things to keep in mind as trainers

Be an adaptable facilitator (not a teacher)

The facilitator workshop as well as the learning material for children have been designed to allow every learner and participant to interact with and use the material in their own way. Grounded in socio-constructivist principles of learning, the Hygiene with Chhota Bheem learning programme is meant to encourage dialogue on good hygiene practices, and help learners construct their own understanding of the resources. As a facilitator, our role is to *guide* this dialogue and encourage multiple perspectives on the topics, and not *dictate* it.

Good hygiene practices are developed over time

Facilitators must acknowledge that developing good hygiene practices (like washing hands with soap everyday, and using a toilet instead of defecating in the open) take time. While the contents of the learning programme can be facilitated with children in a few hours or a few days, consistent follow-up is important to ensure that children regularly practice and advocate good hygiene practices.

Be playful!

Play is a powerful way to create change. Play shifts behaviours and ways of thinking, focuses attention, and enables creativity and collaboration. The games, and story experiences of *Hygiene with Chhota Bheem* are meant to engage young children (ages 7 to 11) and encourage them to have fun while learning. As trainers, be playful, take risks, and adapt and add to the learning material to make the experience enjoyable.

Schedule for the course

Day 1

Time	Activity
30 minutes	Welcome and inaugural address
30 minutes	Ice-breaker and Participant Introduction
45 minutes	Expert presentation and interactive discussion on Health
50 minutes	Expert presentation and interactive discussion on Handwashing and Toilet Use
60 minutes	Lunch
30 minutes	Defining the Problem Space This session encourages participants to talk about the challenges related to handwashing and open defecation that they have faced / witnessed as individuals.
30 minutes	Introductory Presentation on <i>Hygiene with Chhota Bheem</i> This session introduces the participants to the Hygiene with Chhota Bheem project. It covers the learning goals, purpose, structure and components of the curriculum (stories, activities, games and digital games)
30 minutes	Overview of the Course Role of a Master Trainer
30 minutes	Participant Feedback Session and Closing of Day 1

Day 2

Time	Activity
15 minutes	Warm-up and Recap of discussions on Day 1
30 minutes	<p>Introduction to Hygiene with Chhota Bheem Toolkit</p> <p>This session introduces participants to the facilitation guide, videos and story book. The participants learn how to navigate through the book and what each symbol given in the book means (Discovery, Action and Advocate)</p>
2.5 hours	<p>Module 1: Handwashing With Soap (with Tea Break)</p> <ul style="list-style-type: none"> • Introduction to project by reading storybook 1 and watching the video. • Learning & teaching the 'Steps of Handwashing' spell • Follow the leader game (from Page 22 of the Facilitator Guide) <i>facilitated by volunteer participants with guidance and feedback from Master Trainers</i> • Learning & facilitating the 'Soapy bottle' activity (from Page 24 of Facilitator Guide) • Read story book 2 and watch video (intro to storytelling with kids) • Learning & teaching the 'When to Handwash' spell
60 minutes	Lunch
90 minutes	<p>Module 1 cont. (with Tea Break)</p> <ul style="list-style-type: none"> • Warm up from Page 14 of Facilitator Guide • Statue Game (from Page 31 of the Facilitator Guide) <i>facilitated by volunteer participants with guidance and feedback from Master Trainers</i> • Introduction and playtime with the Hygiene with Chhota Bheem mobile game • Recap of Module 1 with discussion on importance of Advocacy
30 minutes	Participant Feedback Session and Closing of Day 2

Day 3

Time Activity

10 minutes	Warm-up and Discussion on Importance of Toilet Use
2.5 hours	Module 2: Toilet Use (with Tea Break) <ul style="list-style-type: none">• Introduction to module and steps for toilet use by reading storybook 3 and watching the video.• Learning & teaching the 'Steps of Toilet Use' spell (from Page 41 of the Facilitator Guide) <i>facilitated by volunteer participants with guidance and feedback from Master Trainers</i>• Learning & facilitating the 'How germs spread' activity (from Page 45 of Facilitator Guide) <i>facilitated by volunteer participants with guidance and feedback from Master Trainers</i>• Learning & facilitating the 'Glitter game' activity (from Page 29 of Facilitator Guide) <i>facilitated by volunteer participants with guidance and feedback from Master Trainers</i>
60 minutes	Lunch
90 minutes	Module 2 cont. (with Tea Break) <ul style="list-style-type: none">• Interactive reading of story book 4 by participants and watching its video• Learning & facilitating the Toilet use Excuses game (from Page 52 of the Facilitator Guide) <i>facilitated by volunteer participants with guidance and feedback from Master Trainers</i>• Recap of Module 2 with discussion on importance of Advocacy
30 minutes	Participant Feedback Session and Closing of Day 3

Day 4

Time	Activity
10 minutes	Warm-up and Recap of Course Until Now
60 minutes	Design-Your-Own-Workshop Using a pre-specified template, each group creates a schedule of how they would implement the curriculum to their target population based on the given time limit. Groups swap their schedule with other groups and provide feedback to their peer groups as master trainers.
1.5 hours	Action Plan and Way Forward In this session, each participant will create and present their plans for the following months on how and when they plan to implement the curriculum. Participants co-create their schedules by adapting the activities and games of hygiene with Chhota Bheem with the needs of their communities
15 minutes	Activity Facilitation Videos Participants watch the pre-recorded facilitation videos of each activity
60 minutes	Lunch
30 minutes	Distribution of participation certificates**
30 minutes	Participant Feedback Session and Recap of Learning Program
15 minutes	Vote of Thanks

**** After the four day certification course, individual trainees implement their action plans (created during the course) with their communities. Trainees are certified as Master Trainers and invited to facilitate workshops with us when they submit evidence of facilitating at least two workshops on the ground.**