



HYGIENE with
CHHOTA
BHEEM

**ONE-DAY WORKSHOP
FOR EDUCATORS &
HEALTH WORKERS**



This one-day facilitator workshop 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 a detailed facilitation plan for the following workshop, or invite our master trainers in Tamil Nadu to your organization or school, **please contact**

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INTRODUCTION



This one-day training workshop (over a period of 6 hours) is for educators, health workers and anyone who intends to promote health and hygiene awareness among children of 7 to 11 years of age and, through them, the larger community.

This workshop introduces trainees to all the components of the learning material, as well as the pedagogical underpinnings it is rooted in- namely transmedia storytelling and play-based learning.

Objectives

- To introduce trainers (health workers, educators, youth advocates) who work with children of ages 7 to 11 in their communities to the Hygiene with Chhota Bheem Learning Toolkit and Campaign.
- To identify specific needs and challenges related to hygiene and sanitation in each trainers' target community.

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 day

Time	Activity
25 minutes	Introduction and Ice-breaker
20 minutes	Defining the Problem Space In this session, the Master Trainer engages in a discussion with participants on the importance of handwashing with soap and toilet use, and the challenges around issues of hygiene and sanitation in their communities and beyond.
15 minutes	Introducing the HwCB Learning Toolkit Master Trainer introduces trainees to the HwCB toolkit (resources, pedagogy, and flow of the day's training)
90 minutes	Module 1 (Hand Washing with Soap) <ul style="list-style-type: none">• Introducing project by watching Story 1 video• Learning & teaching the 'Steps of Handwashing' spell• Follow the leader game (from Page 22 of the Facilitator Guide)• Reflections & feedback• Read story book 2 (intro to storytelling with kids)• Learning & teaching the 'When to Handwash' spell• Statue Game (from Page 31 of the Facilitator Guide)• Importance of Advocacy• Reflections & feedback

Time	Activity
45 minutes	Lunch
90 minutes	<p>Module 2 (Toilet Use)</p> <ul style="list-style-type: none"> • Watch Story 3 video • Introduction to Digital Game • How Germs Spread game (from Page 45 of the Facilitator Guide, prepared and facilitated by volunteers from participants) • Interactive reading of story book 4 by participants • Excuses game (from Page 52 of the Facilitator Guide) • Reflections & feedback
30 minutes	<p>Design-Your-Own-Workshop</p> <p>In the final activity of the day, each participant will design their own workshops with children using the <i>Hygiene with Chhota Bheem</i> learning material. Recognising that each individual/ organization works with children from their communities on different time scales (some work with children all the time, while some can facilitate only one-day long sessions), our Master Trainers will work with participants to design bespoke workshops.</p>
15 minutes	Presentation & group feedback on Workshop designs
30 minutes	Participant Feedback Session & Closing