

Lesson Plans



Find something more important than yourself and dedicate your life to it.
The secret of happiness according to Daniel Dennett

A recent study concluded that for every 1000 children protected by mosquito nets, 5.5 lives would be saved each year.

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See [here](#) for more detailed information.



Overview

This document contains the lesson plans for the Malaria Operation.

It is designed to provide volunteers with lesson plans to education the people in Buyaya about ways to prevent getting malaria

Further enquires can be made through admin@meaningfulvolunteer.org.



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Materials Required

Once you have a group of twenty or so people organized, ensure you have the following at hand.

- A printed copy of this booklet
- Two mosquito nets.
The twenty or so mosquito nets will be distributed a later time.
- Two sleeping mats.
The mat will be used as a sample sleeping area
- The t-shirts with the printed role* on them.
There are t-shirts for mosquitoes and villagers.
- Twelve or so Malaria Cards*
- The Flashcards*
- Malaria Booklet*
- Food and drink
- Name tags* and a marker pen.
- Attendance certificates*
- Attendance list*
- A *Daytime Card** and a *Nighttime Card**
- A translator.
Our local Meaningful Volunteer staff can act as translators if need be.
- Two bowls
- Enough water from the local source to fill one of the bowls.
- Two glasses
- 2 bottles of mineral water
- Two hut cut-outs*
- Candy
- A positive attitude!

Printable versions of all these documents are available at the Malaria Operation's home page here:

<http://www.meaningfulvolunteer.org/malaria>



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Lesson Plans

Introduction

Concept

Get to know everyone!

Materials Needed

- Name tags
- Marker pens
- Attendance list
- Food and snacks

Lesson Plan

Getting to know all the participants in the course is vital for the remaining lessons. All the locals will be very keen to get to know you, but will be probably too embarrassed to ask. For many of them, this will be their first communication with a foreigner.

People will slowly drift into the meeting. Use this opportunity to:

- Write them a name tag
- Write their name on the attendance list.
The attendance list will be used later on to coordinate the distribution of nets.
- Get to know the locals better

Once everyone is present, you can start the meeting formally.

- Start by introducing yourself.
Ugandans will be especially interested about your family connections.

Don't forget to acknowledge any officials present



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- Hand out the food and snacks.
This is done at the start of the meeting as people are much better learners with a full stomach.
- Outline an approximate timeline for the lessons
- Have each Ugandan introduce themselves and explain how malaria has affected their life



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Malaria Carrying Mosquitoes Only Come at Night

Concept

People usually get malaria by being bitten by an infective female *Anopheles* mosquito. Most *Anopheles* mosquitoes are either active at dusk or dawn; or nocturnal. Some *Anopheles* mosquitoes feed indoors while others feed outdoors. Biting by nocturnal, *Anopheles* mosquitoes can be markedly reduced through the use of mosquito net.

Materials Needed

- Daylight Card
- Nighttime Card
- Six mosquito t-shirts
- Six villager t-shirts
- Mosquito Cards

Lesson Plan

Day Game

- Gather six volunteers to play mosquitoes and six to play villagers
Note: Six fast villagers makes the game especially effective
- Give the malaria cards to the “mosquitoes”
- Explain that the “mosquitoes” must touch the villager to give them malaria
When someone gets touch by a “mosquito”, they are given a card and have malaria
- Get the game ready by having “mosquitoes” and villagers entering an open area
- Get everyone almost ready to play, and then at the last moment hold up the Daylight card to emphasize the game is playing during the daytime. Emphasize that mosquitoes don’t like the day time.
- Stand down all but one “mosquito”
All “mosquitoes” should give their malaria cards to the remaining “mosquito”.
Note: Choosing the slowest person to remain makes the game more effective.



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- Get the game ready again and let them play!
Hopefully the lone “mosquito” will have a very hard time infecting many people.

Nighttime Game

- Once everyone has settled down (and hopefully had a good laugh), reset the game up again.
- Hold up the nighttime card and emphasize that this time we are playing at night so all six “mosquitoes” are in play again
- Reset the playing field with six “mosquitoes” and six villagers in play, and let them play! Hopefully all the villagers will get infected very quickly.
- Summarize what has been learnt in this lesson
- Choose random people to provide a summary as well.
- Hand out candy to all volunteers



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Mosquitoes like Still Water

Concept

Mosquitoes lay up to 250 eggs at a time in still water, which will hatch in 7 to 10 days. If standing water is eliminated weekly, many mosquitoes will be kept from breeding in the first place, eliminating the need to use pesticides against adult mosquitoes. This also reduces the number of mosquitoes around the house.



Stagnant water may be classified into the following basic, although overlapping, types:

- Water body stagnation: stagnation in lakes, lagoons, rivers, etc.
- Surface and ground water stagnation; puddles
- Trapped water stagnation. The water may be trapped in human artifacts (discarded cans, plant pots, tires, dug-outs, roofs, etc.), as well as in natural containers, such as hollow tree trunks, leaf sheaths, etc.

Materials Needed

- Six mosquito t-shirts
- Six villager t-shirts
- Malaria Cards
- Two bowls
- Two glasses
- 2 bottles Mineral water
- Two hut cutouts
- Candy

Lesson Plan

Introduction



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- Elicit answers to what happens when you don't drink water.
- Hopefully (!) people will say that you die
- Emphasize that it is the same with mosquitoes: If they don't get access to water, they will die

Mosquitoes (and People!) Like Still Water

- Get two volunteers from the audience
- Fill the two glasses with mineral water and hand them to the volunteer
- Have one volunteer move the water back and forth in front of them.
This should be hard enough to make it difficult to drink the water, but not impossible.

Emphasize that they can't stop the water moving.

- The other volunteer can hold the water still
- Tell them that they can drink the water
- Hopefully, the person with the moving water will make a mess and everyone will laugh
- Have the two volunteers finish their water (without moving their cups).
Note: It is important to have them finish their water. Remember that water is one of the things that the locals will lack. It would be very cruel to give them something they lack and then take it away from them. You might even want to give them the remaining mineral water
- Give the volunteers a piece of candy
- Emphasize that mosquitoes are the same and that they need still water to live
Note: Mosquitoes don't really drink the water, but use it as a place to lay their eggs. This is an important technical difference, but doesn't need to be emphasized very much in the lesson

Game: Mosquitoes like Still Water

- Gather six volunteers to act as mosquitoes and two volunteers to act as villagers



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- Give malaria cards to the mosquitoes
- Set up two places spaced about 20 meter apart as home sites
Each site should have
 - One hut cutout
 - One large bowl
Fill one of the bowls with water. Note: use water from the local water source for this. Mineral water is expensive!
 - A villager
- Place the “six mosquitoes” in the middle
- Emphasize once again that mosquitoes like still water.
- Ask the “mosquitoes” which way they want to go. Hopefully they’ll all head over to the basin filled with water.
- Once they are over by the water, ask the audience what else mosquitoes like to do. Hopefully audience will say that mosquitoes like to sting people.
- Have the “mosquitoes” sting the person. The stung person should take all malaria cards.
- Thank the “mosquitoes” and give them some candy

Game – Mosquitoes like Still Water – Part Two

- Invite six new “mosquito” volunteers to the front.
Issue them with t-shirts, but no malaria cards.
- Ask the audience about else do mosquitoes like to do, apart from going to still water?
Elicit the answer “sting people”
- Have the “mosquitoes” go and sting the unaffected person.
- Ask the audience if the “mosquitoes” give the person malaria.
The answer is no, as the “mosquitoes” are not carrying malaria.



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- Stare and the “mosquitoes” and ask them what they are doing and why they aren’t stinging the other (infected) person!
- Once a “mosquito” stings the infected person, the mosquito gets a malaria card.
- Have the “mosquitoes” head back and sting the uninfected person and give them malaria.
- Emphasis that the person who took care of their still water got malaria because the other person was being lazy!
- Ask the audience what the previously unaffected person should have done.
- Elicit answers along the lines of telling the person off for not caring for their still water.
- Have the previously uninfected person walk over to the water and kick it over and say “Take care of your still water! I don’t want to get malaria!”
- Give all volunteers some candy.



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Don't Touch the Net!

Concept

A mosquito can still sting a person if some part of their exposed body is pressing up against the net.

Materials Needed

- Two sleeping mats
- Two mosquito nets
- Two villager t-shirts and two mosquito t-shirts
- Malaria Cards
- Two markers
- Candy

Lesson Plan

Setup

- Set up two sleeping sites with mats and nets.
- Ask for two volunteers from the group to act as “villagers” and give them the appropriate t-shirts.
- Put a “villager” under each net and have one of them sleep under the net without touching the side, and the other “villager” sleep under the net while touching the side.

Don't Touch the Net!

- Elicit responses from people to see if they can tell what is wrong with one of the setups.
- Get two more volunteers to act as mosquitoes. Give them each a mosquito t-shirt, a marker, and malaria cards.
- Explain to the “mosquitoes” that if they can mark the person under the net with the marker then that person gets malaria.



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Encourage them to use the marker in a probing motion, just like a mosquito would.

- The “mosquito” gives the “villager” a malaria card when they bite/mark them.
Note: Make sure the “villager” gets two malaria cards as this makes the next part of the lesson easier.
- Elicit responses again from people to see if they can tell what is wrong with one of the setups.

Don't Touch the Net! – Part 2

- Bring in a fresh “mosquito” volunteer from the group.
This “mosquito” should have no malaria cards
- Have the “villagers” “wake up” and get out from under the nets.
This is a good time to joke with the locals. “Get up! Get up! It’s time to dig!”
- Encourage the “mosquito” to get to work and start biting people.
As soon as they bite the malaria-ridden person, give the “mosquito” a malaria card.
When they then bite the malaria-free person, give the malaria-free person a malaria card.

It might pay to choose someone who is fast to play the mosquito as we don't want an endless chase of the mosquito trying to bite people!

- Elicit responses about the unfairness of this
“She didn't touch the net, but got malaria because *he* did!”
- Have one villager tell off the other
“Don't you touch the net, because I don't want to get malaria!”
- Give a piece of candy to all participants.



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Wrap Up

Concept

The Wrap Up lesson plan is designed to end the lessons on a positive note. Certificates are issued and photos are taken of all participants.

Materials Needed

- Certificates
Printable certificates are available on the website here:
- Marker Pen
- Malaria Summary sheets
- Camera

Lesson Plan

- Start the wrap-up by reviewing the previous lessons
- Emphasis that one of the best ways to avoid getting malaria is to ensure that your neighbors don't get malaria.
This should have come across time and time again in the lesson plans
- Ensure that everyone has entered their details on the attendance list correctly
- Give everyone a Malaria Summary Sheet
- Records the participant's name on an attendance certificate
- Take a picture of the participant with the certificate.
This serves several purposes.

First, it will install a sense of pride in the participant. They will be getting a certificate *and* have their photo taken.

Secondly, when it comes time to distribute the nets, we will have photo reference of the participant so that we can ensure that the right person is getting a net.

Finally, it serves as a marketing tool for Malaria Project.



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Digital cameras always give each photo some form of unique number. Typical examples include things like: SAM1005, DSC23142. This number should be recorded on the attendance list so that we know which photo is for which person.

- Tell the participants that we will visit them in the next few days to issue them their mosquito nets

Wish everyone well!



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