

# Health Box



## Aim

to highlight the conditions necessary in order for people to be healthy

## Age

10 years and older

## Time

25 minutes

## Materials

empty boxes, a variety of objects to represent different dimensions of health (see note to leader)

## Note to Leader

Possible items to include are: pencil (education); coin or purse (money); water bottle (clean water); toilet roll (sanitation); apple (healthy food); id card (identity); a ball (leisure); sticking plaster (healthcare); piece of white cloth (peace); CD (creativity/expression).

## What to do

Begin with a brainstorm on the word 'health'.

Before the activity, fill a box with items that represent what people need in order to be healthy. Show the box to each group and allow them 15 seconds to memorise the contents. Explain that they are not allowed write down any of the items. Now ask them to discuss in their groups what the items were and what they might represent. When the groups have their lists, ask them to prioritise which items are important for a healthy life. Get the top three priorities from each group. In the large group, ask if there was agreement about what the items in the box represented. What was similar or different about the priorities of the different groups? Do young people have access to these items in Ireland and in the Developing World?

Alternatively, give each group a box and ask them to fill it with items that represent what people need in order to be healthy. Groups can be as creative as they like. Collect the boxes and give each group another's box.

Source: Oxfam International (2005).

