



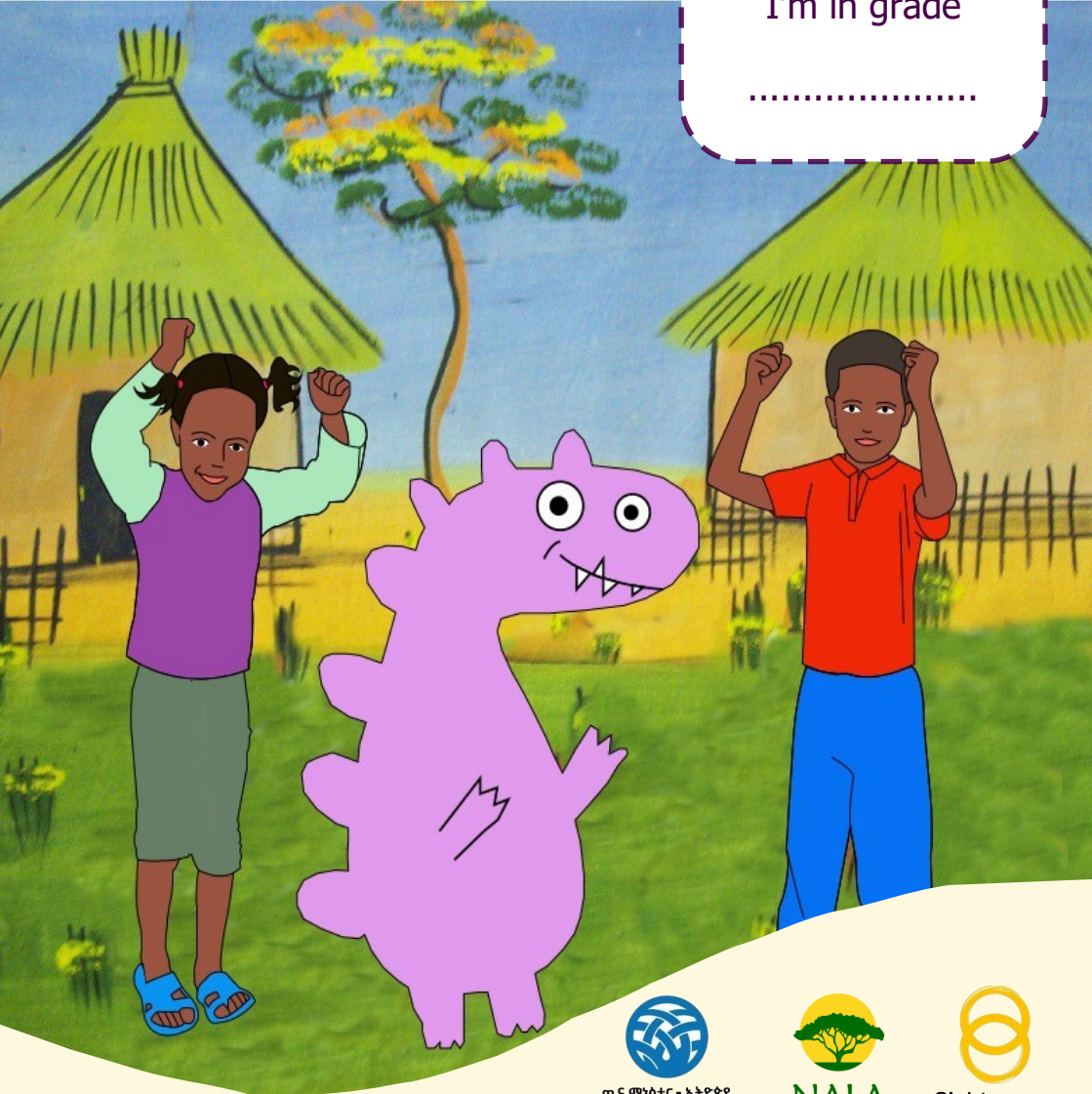
Healthy Friends Story Book

My name is

.....

I'm in grade

.....



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MINISTRY OF HEALTH-ETHIOPIA



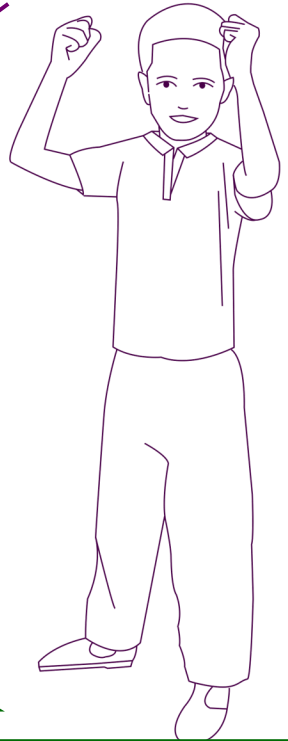
NALA



Sightsavers

In the village of _____, there lived a big brother named _____ and a little sister named _____. Their best friend was a dinosaur named Bobo.

Our friend Bobo gets in trouble a lot, and we always try to help him!

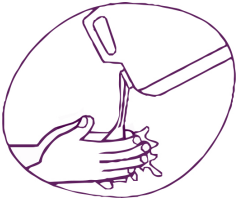


For students: What does Bobo say to his friends? The students can draw clothes for Bobo and color the characters.

Every morning Big Brother wakes up and washes his hands and face with soap and water. He helps Little Sister wash her hands and face too.

For students: Pretend you are Big Brother. Show Little Sister how to wash her hands and face by acting out the steps.

How to Wash Your Hands and Face



1. Wet your hands with water.



2. Rub your hands with soap until it lathers with bubbles.



3. Rub your hands from palm to palm.



4. Rub one hand over the other with fingers interlocking.



5. Use your soapy hands to wash your face. Keep your eyes closed.



6. Rinse hands with water.



7. Rinse face with water to make sure all soap is gone.

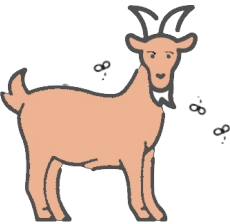
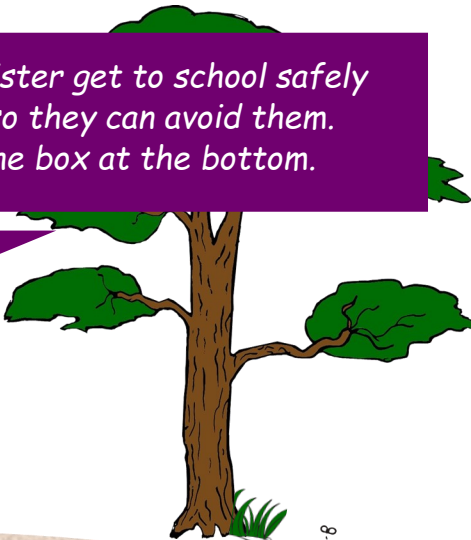


8. Dry by shaking hands or using a clean towel.



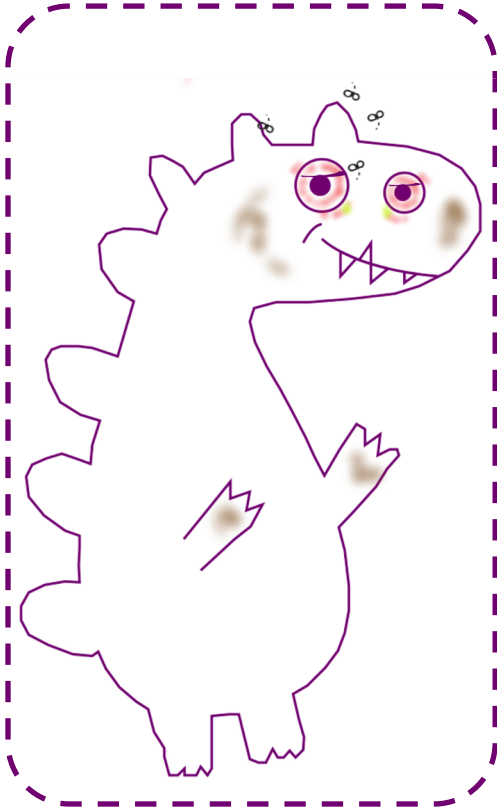
On the walk to school, Big Brother explains to Little Sister that they need to wash their face and hands to protect them from bad germs that can make them sick. Germs like to live in dirty places, especially on poop and flies.

For students: 1) Help brother and sister get to school safely by circling all the areas with germs so they can avoid them.
2) Draw a clean school for them in the box at the bottom.

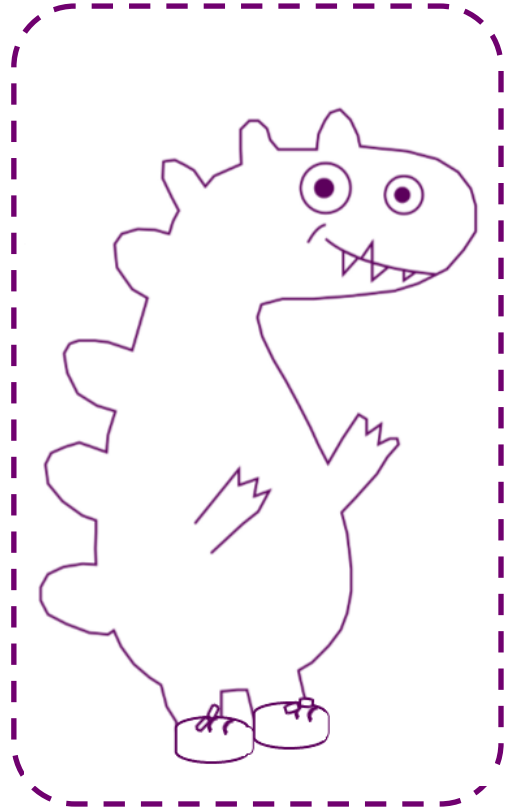


When Big Brother and Little Sister get to school, they see their friend Bobo. His hands and face are dirty, and his eyes are red. He feels sick!

Sick Bobo



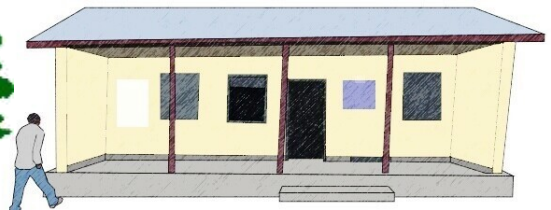
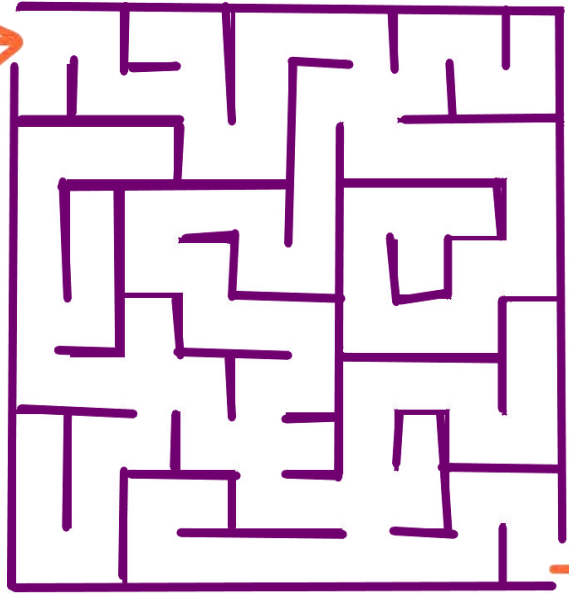
Healthy Bobo



For students: On the left is sick Bobo. On the right is healthy Bobo. Can you circle all the differences between the two pictures?

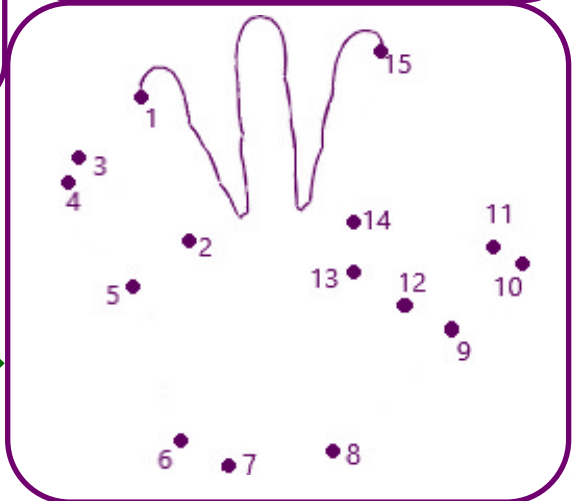
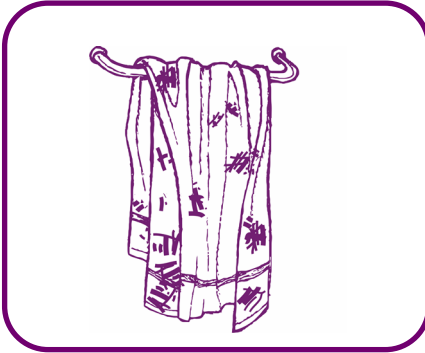
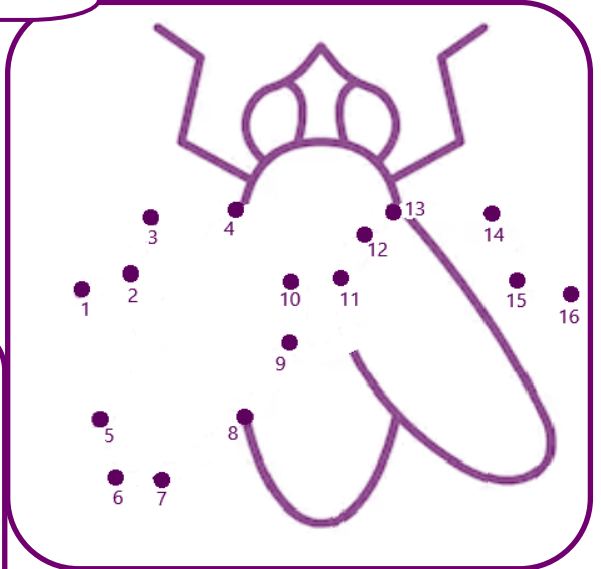
The teacher told Bobo that he should go to see a health worker. She asked Big Brother to walk with him to the health center, since there are many turns along the way.

For students: Draw a route for Big Brother and Bobo to walk from school to the health center.



The health worker says that Bobo has trachoma and gives him medicine to take. She explains that if you don't treat and prevent trachoma, then you can have more eye problems and even blindness.

Do you know how trachoma is spread?



For students:
Connect the dots by starting at 1 and drawing lines to the next number. The pictures will show three ways that trachoma can spread.

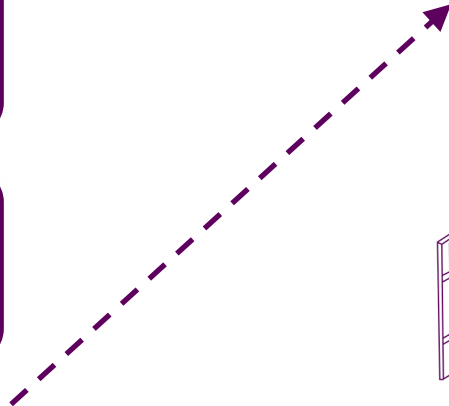
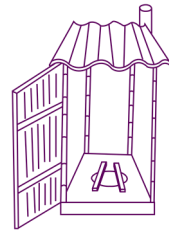
The health worker says, "Medicine is not enough. You also need to practice healthy behaviors so you don't get sick again."

For students: On the left are unhealthy habits. For each bad habit, draw a line to the correct healthy habit that they should do instead. As an example, they should use a clean towel instead of a dirty one.

Unhealthy Habits



Healthy Habits

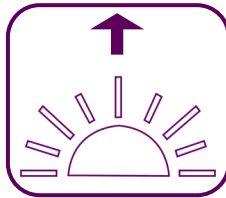


The health worker sees that Big Brother has clean hands and a clean face.

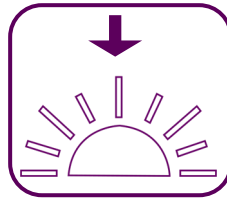
You look like a good and healthy boy,
Can you tell Bobo when to wash his
hands and face?



Times to Wash Your Face



After waking up



Before bed

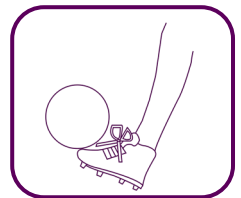
Times to Wash Your Hands



Before eating or
touching food



After going to
the bathroom



After playing

For students: Pretend you are Big Brother.
Explain when to wash your hands and face to
Bobo. Do you have a song to teach him that can
help him remember?



A few days later, Bobo returns to school. His hands and face are clean, and his eyes are healthy. He is very happy to see Big Brother and Little Sister.

For students: Draw the three friends playing at school together again. When you finish, go home and share your story with your family!



