

# Diarrhea Defense



# Diarrhea Defense

**Game Theme**  
Diarrhea

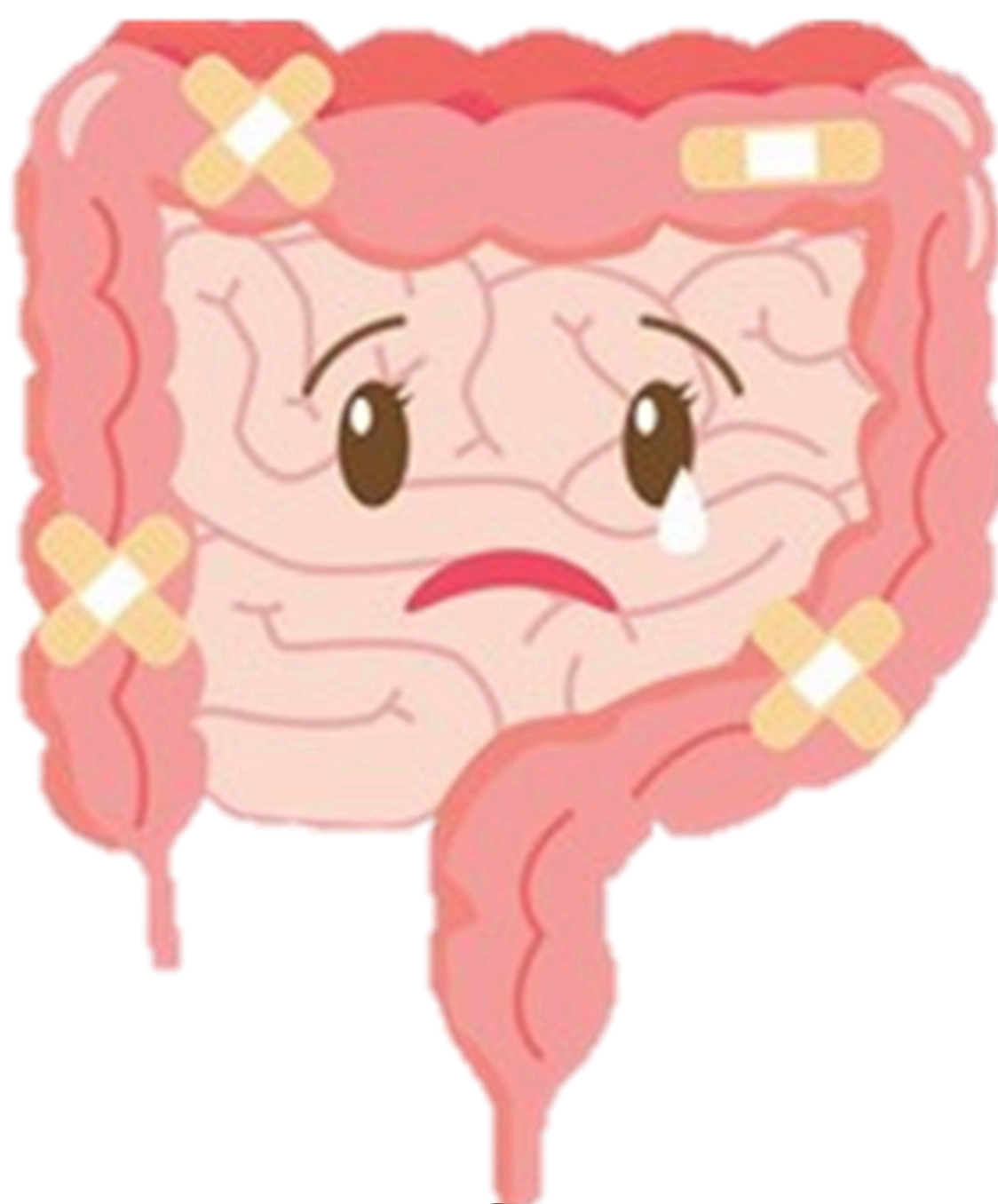
**Grade Level**  
VI-VII

**Game Type**  
Board Game



## Game Overview

- This educational game is designed to teach students the do's and don'ts of diarrhea prevention in real-life scenarios. The game incorporates practical examples from the Pakistani context, such as the importance of clean drinking water, proper sanitation, and safe food practices, to help students connect what they learn with everyday life. Students take on the role of gut guardians, navigating a game board that challenges them to make healthy choices while avoiding harmful behaviors.
- By the end of the gameplay, students will be able to recognise the do's and don'ts of preventing diarrhea.
- A complete game set, for one group, includes the following materials:
  - Game board
  - Dice and counters
  - Stars





## Gameplay Instructions

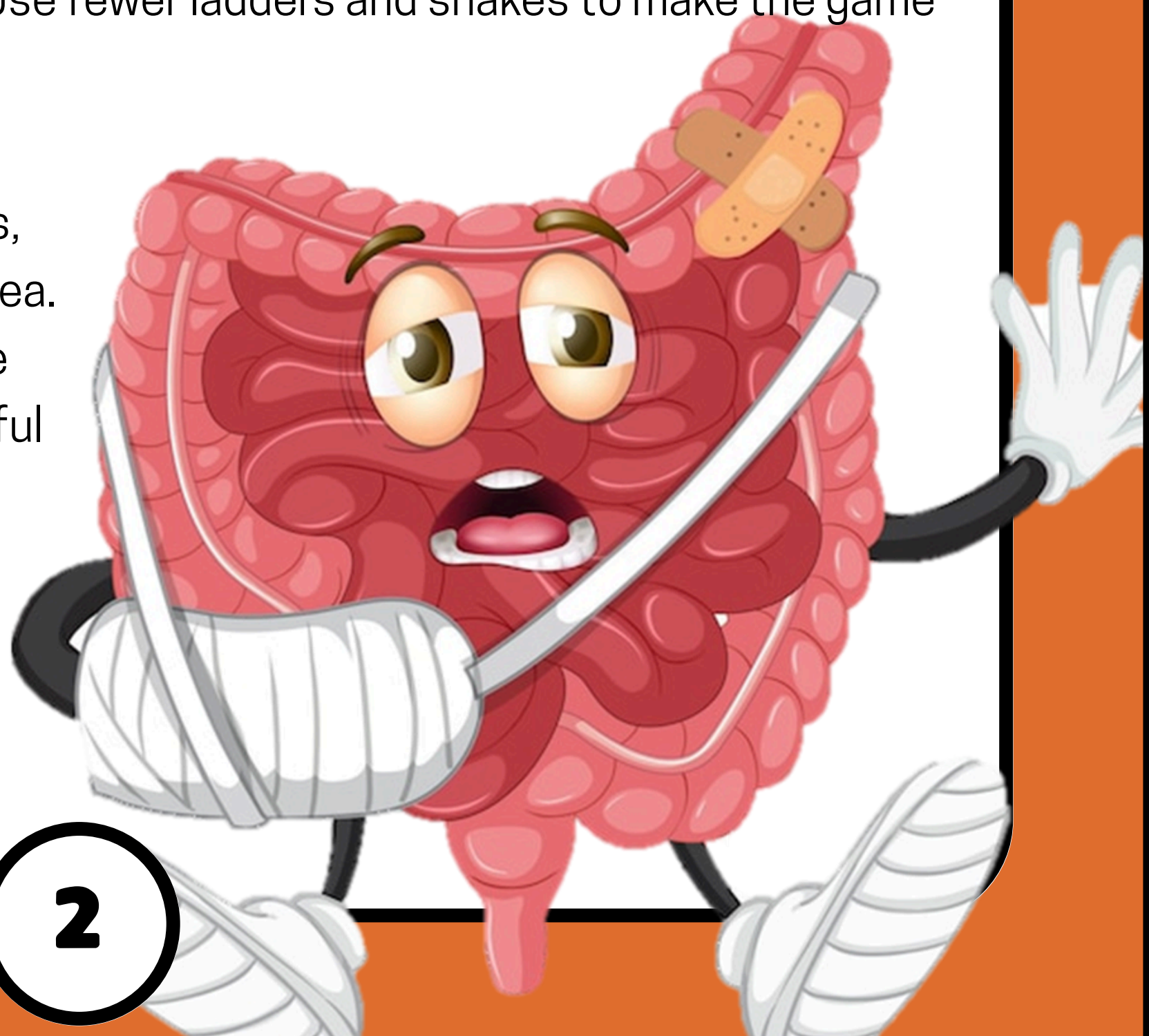
- Each player places their counter on the 'Start' space on the board.
- Players take turns rolling the die and moving their counters forward based on the number rolled.
- Each space on the board has either a 'DO' or a 'DON'T' or a question.
- The game board will also show the following:
- Ladders: Landing at the bottom of a ladder allows the player to move their counter to the top of the ladder as a reward for healthy choices.
- Snakes: Landing on a snake's head causes the player to slide down to the bottom of the snake, symbolizing poor hygiene or unsafe practices.
- The first player to reach the final designated space on the board shouts 'Bingo' and is declared the winner.
- Players with the most stars can also be rewarded for demonstrating excellent knowledge.

## Debriefing and Reflection

- Ask students to summarize the do's and don'ts of diarrhea prevention they encountered during the game. Discuss key preventive practices such as handwashing, boiling water, and safe food handling. Emphasize how these practices can prevent serious illnesses and save lives in their communities.
- Reflect on the tasks or questions that were difficult and discuss why they found them challenging. Clarify any mistakes made during the game, such as incorrect answers or confusion about tasks.

## Adaptations for Gamplay

- **For Lower Grades:** Simplify the cards to focus on basic hygiene practices, such as handwashing or clean water usage. Use fewer ladders and snakes to make the game less complex.
- **For Higher Grades:** Include more detailed questions about the causes, symptoms, and treatments of diarrhea. Add additional ladders for preventive practices and more snakes for harmful behaviors.



# The Diarrhea Defense Game



**FINISH**



**START**

<p><b>With your assistance, Maya learned more about diarrhea.</b></p> <p><b>CONGRATULATIONS!</b> You have now become a health ambassador. Please share these health messages with your friends and family.</p> <p>48</p>	<p>Poor Maya! She decided to avoid eating or drinking anything while experiencing diarrhea.</p> <p>47</p>	<p><b>A QUESTION FOR YOU!</b></p> <p>Why should you never store raw &amp; cooked foods together</p> <p>If you give the correct response, collect 5 stars</p> <p>45</p>	<p><b>A TASK FOR YOU!</b></p> <p>Say three health messages to help prevent diarrhoea! If you give the correct response, collect 5 stars</p> <p>44</p>	<p>Maya took an uncovered meal last night.</p> <p>43</p>
<p><b>A TASK FOR YOU!</b></p> <p>Say three health messages to help prevent diarrhoea</p> <p>If you give the correct response, collect 10 stars</p> <p>38</p>	<p>Sugary and caffeinated drinks can draw more water into the bowel, worsening diarrhea and dehydration.</p> <p>39</p>	<p>Eating bland, easy-to-digest foods can help reduce diarrhea symptoms and provide essential nutrients without irritating the stomach</p> <p>40</p>	<p>Diarrhea might seem like just a bathroom problem, but it can actually cause dehydration. This means your body loses more water and salt than it should, which is as crucial as charging your phone - without enough charge, it won't work properly</p> <p>41</p>	<p><b>A QUESTION FOR YOU!</b></p> <p>Why should you never store raw &amp; cooked foods together</p> <p>If you give the correct response, collect 3 stars</p> <p>42</p>
<p>Oh no! Maya drank a fizzy soda, which can upset her stomach more and worsen diarrhea due to its high sugar content. Remember, sugary drinks aren't helpful.</p> <p>36</p>	<p>Maya couldn't resist the smell of fast food, but greasy, heavy meals are hard on her stomach right now.</p> <p>35</p>	<p>Maya discovers a garden of bananas, rice, applesauce, and toast. These foods are gentle on her stomach and help firm up her stools.</p> <p>34</p>	<p><b>A TASK FOR YOU!</b></p> <p>Tell us the steps to make Oral Rehydration Solution (ORS) at home.</p> <p>If you give the correct response, collect 3 stars</p> <p>32</p>	<p><b>Good News!</b></p> <p>Homemade Oral Rehydration Solution (ORS) is an effective and accessible way to prevent dehydration caused by diarrhea, ensuring the body's essential functions are maintained. Mix 6 level teaspoons of sugar and half a level teaspoon of salt into 1 liter of clean water. This simple solution can significantly help hydration levels by replacing lost fluids and salts</p> <p>31</p>
<p>You should eat food that is properly cooked to kill harmful bacteria, viruses, and parasites that could make us sick if ingested.</p> <p>25</p>	<p>Fatty and spicy foods can aggravate diarrhea symptoms by stimulating the intestines and causing more discomfort.</p> <p>27</p>	<p><b>A QUESTION FOR YOU!</b></p> <p>Do you know why drinking? ORS helpful?</p> <p>If you give the correct response, collect 5 stars</p> <p>28</p>	<p>Diarrhea might seem like just a bathroom problem, but it can actually cause dehydration. This means your body loses more water and salt than it should, which is as crucial as charging your phone - without enough charge, it won't work properly</p> <p>20</p>	<p>Sadly, many children around the world, nearly 525,000 each year, can't fight this villain because they don't have access to clean water or medical help. That's why learning about it is super important</p> <p>24</p>
<p>Sadly, many children around the world, nearly 525,000 each year, can't fight this villain because they don't have access to clean water or medical help. That's why learning about it is super important</p> <p>24</p>	<p>Diarrhea can be caused by germs like bacteria, viruses, or parasites. Eating bad food or drinking dirty water can give you diarrhea.</p> <p>23</p>	<p>Diarrhea is like a stomach storm that makes you go to the bathroom a lot. It's when your poop is watery and you feel the urge to go more often than usual. This happens when your digestive tract, which is like a long winding slide inside your belly, gets irritated by germs like bacteria or viruses</p> <p>22</p>	<p>Maya forgot to wash her hands before snacking. This mistake can spread germs and make her feel worse. Germs on your hands can easily enter your body through your mouth, leading to infections that cause diarrhea</p> <p>21</p>	<p><b>Good News!</b></p> <p>We can outsmart diarrhea! Like a detective stops crime, we can prevent this tummy trouble by drinking clean water, eating safely cooked foods, washing our hands with soap, and getting vaccines that protect us from certain germs</p> <p>19</p>
<p>Maya forgot to wash her hands before snacking. This mistake can spread germs and make her feel worse.</p> <p>13</p>	<p><b>A QUESTION FOR YOU!</b></p> <p>True or False Washing your hands can help prevent spreading germs that cause diarrhea.</p> <p>If you give the correct response, collect 3 stars</p> <p>14</p>	<p><b>A TASK FOR YOU!</b></p> <p>Perform the steps of hand washing</p> <p>If you give the correct response, collect 4 stars</p> <p>15</p>	<p><b>A QUESTION FOR YOU!</b></p> <p>What is the water boiling technique? If you give the correct response, collect 4 stars</p> <p>16</p>	<p>Maya learns the power of cleanliness! Washing hands before eating and after using the bathroom helps prevent the spread of germs that can cause diarrhea. Leap up 3 spaces for good hygiene practices! Why? Good hand hygiene is one of the best ways to protect against infections that can cause diarrhea and other diseases</p> <p>17</p>
<p><b>Good News!</b></p> <p>We can outsmart diarrhea! Like a detective stops crime, we can prevent this tummy trouble by drinking clean water, eating safely cooked foods, washing our hands with soap, and getting vaccines that protect us from certain germs</p> <p>12</p>	<p>Germs on your hands can easily enter your body through your mouth, leading to infections that cause diarrhea</p> <p>11</p>	<p>Maya learns a cool trick! Boiling water makes it super safe to drink by getting rid of the bad germs. Maya drinks the boiled water and feels great! Boiling water helps keep Maya's tummy happy and healthy by getting rid of germs that could make her</p> <p>10</p>	<p><b>A QUESTION FOR YOU!</b></p> <p>Why drinking boiled water is important?</p> <p>If you give the correct response, collect 3 stars</p> <p>9</p>	<p>Maya drank from a mysterious puddle. Drinking unclean water can introduce harmful bacteria or parasites, making her diarrhea worse.</p> <p>8</p>
<p><b>START</b></p> <p>Meet Maya, a curious and adventurous girl who loves exploring the outdoors and trying new foods. Unfortunately, Maya did not pay much attention to what she ate or drank one day, and now she's feeling unwell with diarrhea. As Maya journeys through the game, she learns important lessons on how to manage her condition, discovering the do's (ladders) to recovery and the don'ts (snakes) that can make her feel worse. You have a responsibility to help Maya make the right choices to feel better soon!</p> <p>1</p>	<p>Diarrhea is like a stomach storm that makes you go to the bathroom a lot. It's when your poop is watery and you feel the urge to go more often than usual. This happens when your digestive tract, which is like a long winding slide inside your belly, gets irritated by germs like bacteria or viruses</p> <p>2</p>	<p><b>You are lucky!</b></p> <p>Safe, clean water is essential for health. Contaminated water can contain pathogens that lead to diarrhea and other diseases.</p> <p>3</p>	<p>Maya found a magic well of clean, safe water! Drinking plenty of fluids helps keep her hydrated, which is crucial because diarrhea can lead to dehydration by losing too much water and salts. Staying hydrated helps your body maintain its balance and recover faster</p> <p>5</p>	<p><b>A QUESTION FOR YOU!</b></p> <p>True or False Drinking lots of fluids is not that important when you have diarrhea.</p> <p>If you give the correct response, collect 2 stars</p> <p>6</p>





# Answer

**Box 6:** True or False: Drinking lots of fluids is not that important when you have diarrhea.

**Answer:** False. It is very important to drink lots of fluids when you have diarrhea to avoid dehydration.

**Box 9:** Why drinking boiled water is important?

**Answer:** Drinking boiled water is important because it kills harmful microorganisms, ensuring the water is safe to drink.

**Box 16:** What is the water boiling technique?

**Answer:** The water boiling technique involves boiling water for at least one minute (three minutes at high altitudes) to ensure all pathogens are killed.

**Box 15:** Perform the steps of hand washing.

**Answer:**



**Box 14:** True or False: Washing your hands can help prevent spreading germs that cause diarrhea.

**Answer:** True. Handwashing is one of the most effective ways to prevent the spread of many types of infection and illness, including diarrhea.

**Box 28:** Do you know why drinking ORS helpful?

**Answer:** Drinking ORS is helpful because it replaces lost fluids and essential electrolytes, which is critical to prevent dehydration during diarrhea.

**Box 32:** Tell us the steps to make Oral Rehydration Solution (ORS) at home.

**Answer:** Dissolve 6 level teaspoons of sugar and half a level teaspoon of salt in 1 liter of clean water. Stir until the sugar and salt are completely dissolved. Drink the solution in small sips regularly to stay hydrated.

**Box 42:** Why should you never store raw & cooked foods together?

**Answer:** Raw and cooked foods should not be stored together to prevent cross-contamination. Raw foods can contain pathogens that could transfer to the cooked foods and cause foodborne illnesses.

**Box 37:** Say three health messages to help prevent diarrhea.

**Answer:** Practice good sanitation by washing your hands with soap and clean water, especially before eating or preparing food, and after using the toilet. Ensure that all food is thoroughly cooked and consumed while still hot. Use safe water for drinking and cooking, and keep all kitchen surfaces and utensils clean.

**Box 44:** Say three health messages to help prevent diarrhea.

**Answer:** Practice good sanitation by washing your hands with soap and clean water, especially before eating or preparing food, and after using the toilet. Ensure that all food is thoroughly cooked and consumed while still hot. Use safe water for drinking and cooking, and keep all kitchen surfaces and utensils clean.

**Box 45:** Why should you never store raw & cooked foods together?

**Answer:** Raw and cooked foods should not be stored together to prevent cross-contamination. Raw foods can contain pathogens that could transfer to the cooked foods and cause foodborne illnesses.

