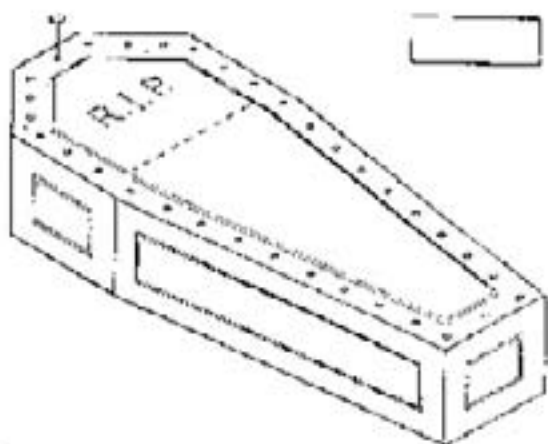
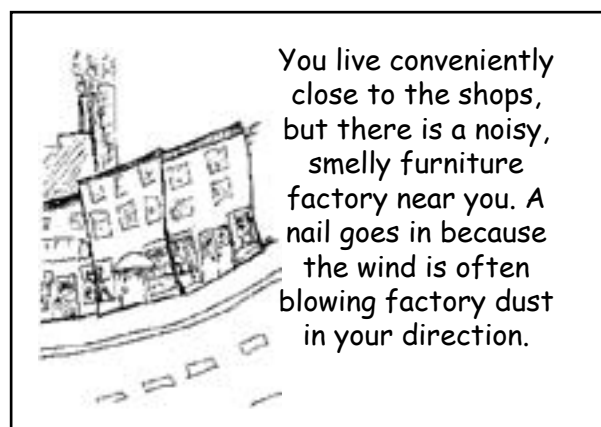
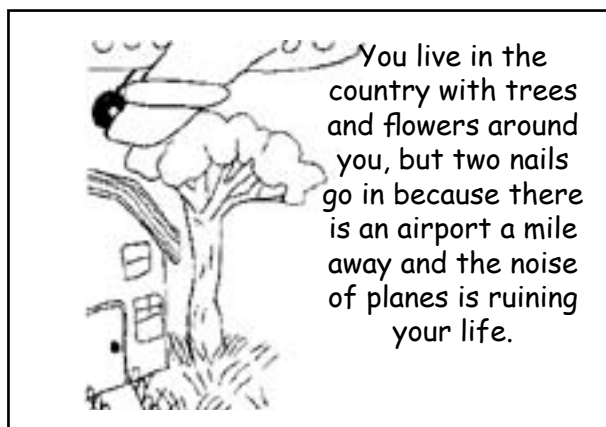
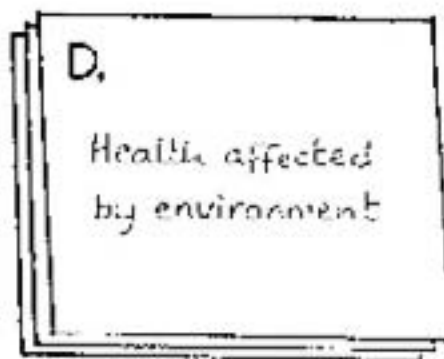
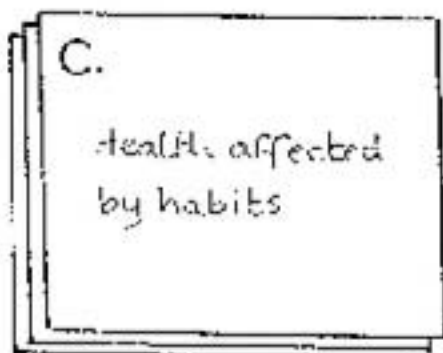
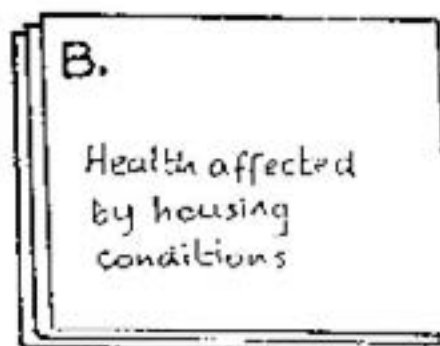
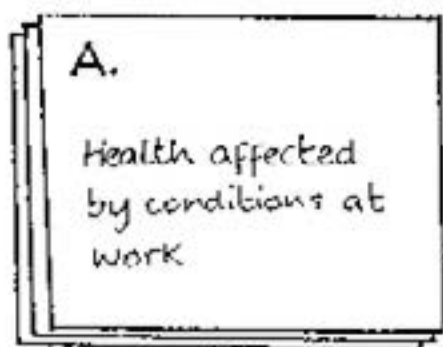


# Another Nail in your Coffin



Sorting board  
and game on  
health choices



# Another Nail in your Coffin

This activity was developed by Susan Hart and Stuart Scott in 1982.

The activity is now more than twenty five years old, and although it is showing its age, it is still a stimulus for discussion about health risks. Some of the dangers no longer exist in this country. We have exported a lot of dangerous work to other countries, so that we can still enjoy the products, but other's lives are shortened by working in conditions similar to those once found in early nineteenth century Britain. The activity will be revised soon to reflect this, and you might be interested in looking at ways in which it can be used to explore these inequalities. A book researching this has just been published.

The drawings by Carol Ross were specially commissioned because there was funding in those days in the ILEA to support curriculum development.

The webaddress for this activity is:

<http://www.collaborativelearning.org/another nail.pdf>

Last updated 10th April 2011

## COLLABORATIVE LEARNING PROJECT

Project Director: Stuart Scott

Supporting a cooperative network of teaching professionals throughout the European Union to develop and disseminate accessible interactive teaching materials in all subject areas and for all ages.

17, Barford Street, Islington, London N1 0QB UK Phone: 0044 (0)20 7226 8885

Website: <http://www.collaborativelearning.org>

## BRIEF SUMMARY OF BASIC PRINCIPLES BEHIND OUR TEACHING ACTIVITIES:

The project is a teacher network, and a non-profit making educational trust. Our main aim is to develop and disseminate classroom tested examples of effective group strategies that promote talk across all phases and subjects. We hope they will inspire you to develop and use similar strategies in other topics and curriculum areas. We want to encourage you to change them and adapt them to your classroom and students. We run teacher workshops, swapshops and conferences throughout the European Union. The project posts online many activities in all subject areas. An online newsletter "PAPERCLIP" is also updated regularly.

\*These activities were influenced by current thinking about the role of language in learning. They are designed to help children learn through talk and active learning in small groups. They work best in non selective classes where children in need of language or learning support are integrated. They are well suited for the development of speaking and listening. They provide teachers opportunities for assessment of speaking and listening and other formative assessment.

\*They support differentiation by placing a high value on what children can offer to each other on a particular topic, and also give children the chance to respect each other's views and formulate shared opinions which they can disseminate to peers. By helping them to take ideas and abstract concepts, discuss, paraphrase and move them about physically, they help to develop thinking skills.

\*They give children the opportunity to participate in their own words and language in their own time without pressure. Many activities can be tried out in mother tongue and afterwards in English. A growing number of activities are available in more than one language, not translated, but mixed, so that you may need more than one language to complete the activity.

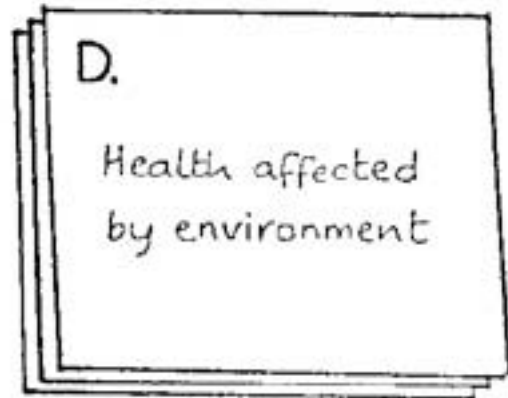
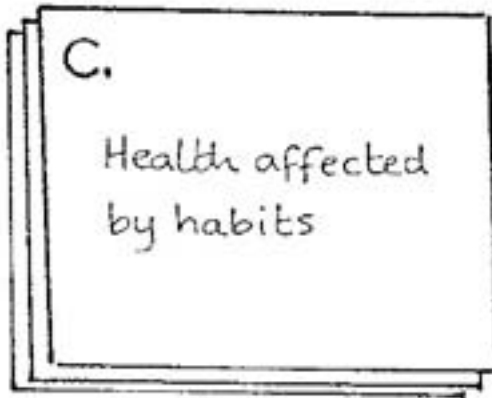
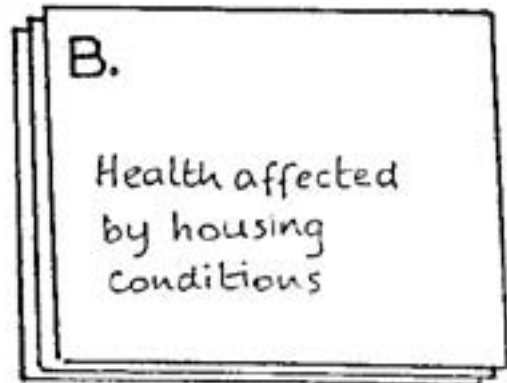
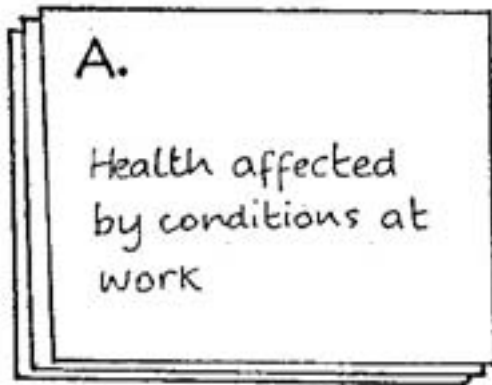
\*They encourage study skills in context, and should therefore be used with a range of appropriate information books which are preferably within reach in the classroom.

\*They are generally adaptable over a wide age range because children can bring their own knowledge to an activity and refer to books at an appropriate level. The activities work like catalysts.

\*All project activities were planned and developed by teachers working together, and the main reason they are disseminated is to encourage teachers to work effectively with each other inside and outside the classroom. They have made it possible for mainstream and language and learning support teachers to share an equal role in curriculum delivery. They should be adapted to local conditions. In order to help us keep pace with curriculum changes, please send any new or revised activities back to the project, so that we can add them to our lists of materials.

# Another Nail in your Coffin ☆

Read your cards and sort them into four piles.



☆ Now play the Game!



Take a coffin sheet and a pen or pencil each. Take it in turns to pick a card from pile A. Read out the card. If it says 'knock in nails shade them in on your coffin card. Each player picks one card only from pile A.

Now do the same for piles B, C and D.

Each player then adds up how many nails their life has put on their coffin. The WINNER is the player with the smallest number of nails in their coffin. They are likely to live longest.

# Write a biography! ☆

Write a short biography of the person you played.  
Write about the things that kept them alive and  
the things that killed them in the end.  
"My person's life was affected by ....."



# Use the cards for more sorting! ☆

Sort the cards into 'good for you' and 'bad for you' piles.  
Take the 'bad for you' cards and sort them again into two more  
piles.

things that  
people may have  
had control  
over

A.

things that  
people cannot  
control unless  
they have more  
power or money

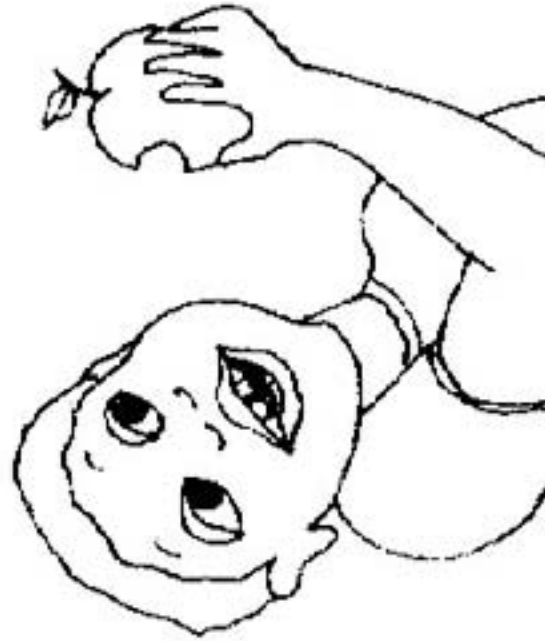
B.

Look at Pile B. Can you summarise the main reasons illustrated  
on the cards. Use this checklist to help you.

- \* stress at work
- \* illness caused by work
- \* stress due to poverty
- \* living in bad conditions
- \* stress due to housing conditions

- \* bad eating habits
- \* taking no exercise
- \* drug addiction (smoking, alcohol, pills)
- \* habits of lifestyle
- \* pollution of the environment

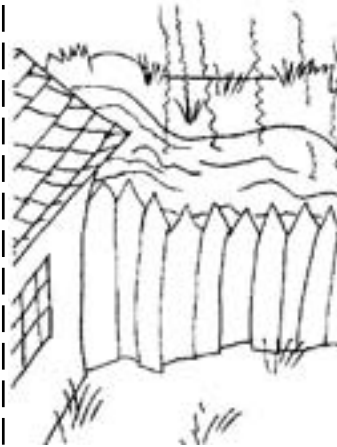
# Another Nail in your Coffin - coffin sheet



# Another Nail in your Coffin - cards



The dump behind your home belongs to the council. Nobody supervises it; so two nails go in for you, because companies are tipping dangerous rubbish on it.



The canal near your house is full of poison. Chemical factories use it as a dump. Two nails in your coffin for the risk of poisoning by polluted water.



You live in the country with trees and flowers around you, but two nails go in because there is an airport a mile away and the noise of planes is ruining your life.



About thirty years ago the government built a raised motorway at the back of your street. In go two nails because the traffic is getting heavier and the noise and fumes are getting worse.



You live conveniently close to the shops, but there is a noisy, smelly furniture factory near you. A nail goes in because the wind is often blowing factory dust in your direction.



You are surrounded by National Trust woodlands. It is such a clean healthy area that the government is planning to build a secret headquarters there.

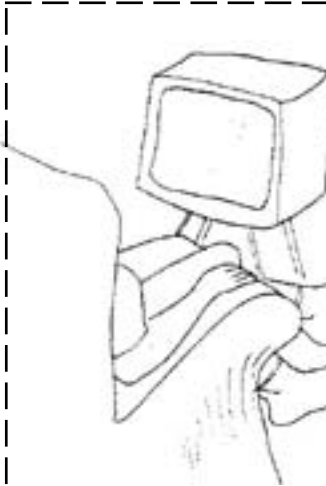


You live about a mile away from a nuclear power station. Two nails for the risk and danger of radiation escaping.

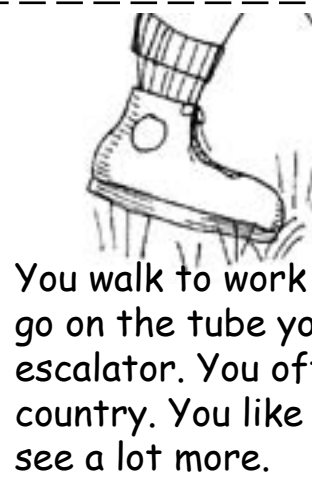


Your home is surrounded by high buildings. At work there are no windows. You only see the sun when you go on holiday, so a nail goes in for the gloomy, dark life you lead.

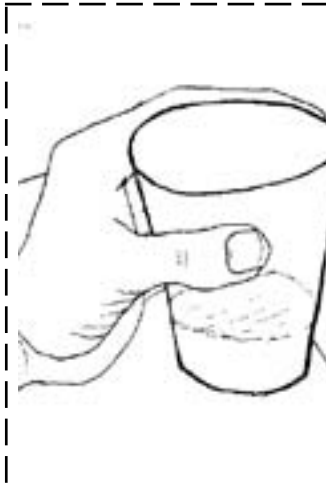
# Another Nail in your Coffin -cards




You have always been the person who has seen every TV programme. Three nails because you spend your life in an armchair. The only exercise you get is operating the remote control.




You walk to work regularly. When you go on the tube you always walk up the escalator. You often go for walks in the country. You like to walk because you see a lot more.




You are only happy with a whisky glass in your hand. Three nails for you because you like gin, adore rum and love vodka too.




You started smoking when you were at school. Now you get through more than thirty a day. Five nails go in because your fingers and teeth are yellow, your clothes smell and worse, you have a very bad cough.




You went to Spain last summer. You lay on the beach and got as brown as a nut. You've bought a sunlamp to keep the tan. A nail goes in for the danger to your skin even though everyone envies your tan.



You are never constipated because you eat lots of salads. You love brown bread and you bake delicious biscuits made from oat meal and wholemeal flour.



You have been using a ten speed bike. You have cycled all over London and the suburbs. Four nails go in for the polluted air you breathe, but take three off for the exercise you are getting.



You go to discos every Friday and try to get to rock bands on Saturdays. One nail for the noise hurting your ears and another for the headaches and late nights.

# Another Nail in your Coffin -cards



Your landlord wants to get you out of your flat. He is hoping to get more rent for it. Knock in two nails for all the stress and worry he is causing you.



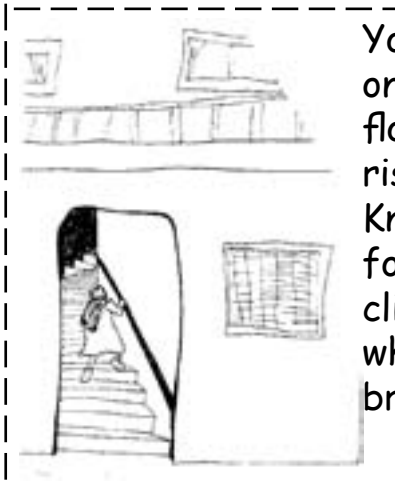
You and your family live in a flat with only two small rooms. Knock in two nails for the stress and strain of living in overcrowded conditions.



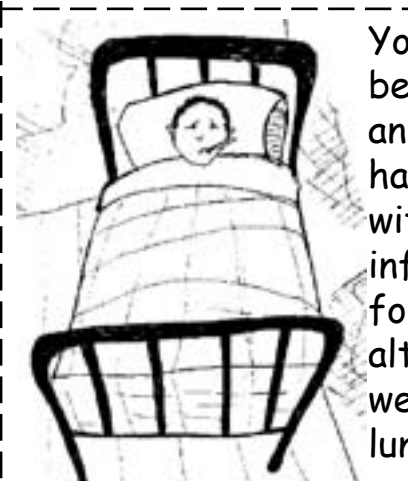
You have a comfortable home with enough space for all the family. There is a well fitted bathroom, central heating and a garden for your young child to play in.



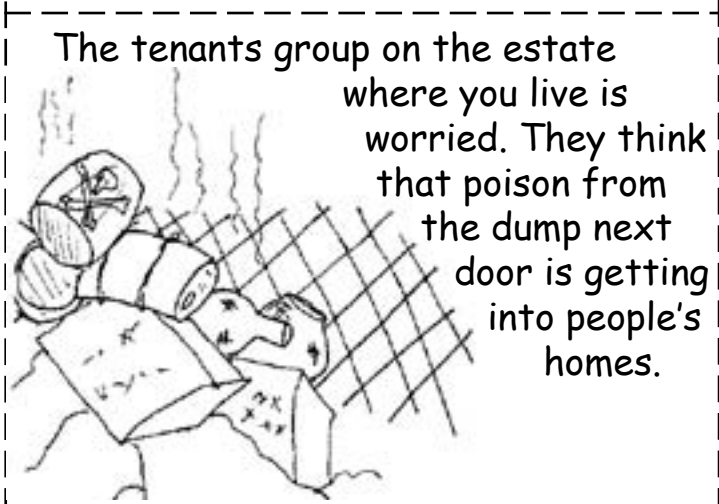
You live on an estate with plenty of trees and grass. There are safe play areas for children. It is a healthy home.



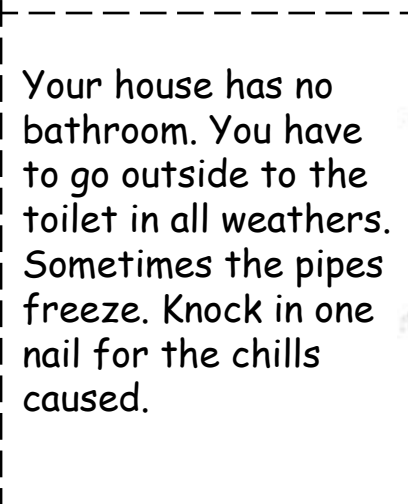
You are old and live on the eighteenth floor of a high rise block of flats. Knock in one nail for the strain of climbing the stairs when the lifts break down.



Your flat has become very damp and as a result you have become ill with a lung infection. Knock in four nails because, although you get well again, your lungs are weaker.



The tenants group on the estate where you live is worried. They think that poison from the dump next door is getting into people's homes.



Your house has no bathroom. You have to go outside to the toilet in all weathers. Sometimes the pipes freeze. Knock in one nail for the chills caused.



# Another Nail in your Coffin

WORKING SCHOOL



You work in a large city school. It is extremely hard work. Two nails go in because of all the stress and strain.



You work at home making dresses and jeans. You are paid very little so you have to work very long hours. Two nails in the coffin for the late nights and the eye strain.

You have worked all your life in the pit. Put three nails in for all the damage caused by the coal dust to your lungs and throat.



You drive a taxi in London. You work long hours and breathe in a lot of traffic fumes. Knock in two nails for the damage to your lungs and brain.



You are a nurse in hospital. You are very overworked, and you have to worry all the time about not having enough money. Two nails in your coffin for all the stress and worry.



You have a job in a paint factory. There are a lot of fumes. You breathe them in all day. Knock in two nails for all the damage this is causing to your throat and lungs.



You have a job in a paint factory. There are a lot of fumes. You breathe them in all day. Knock in two nails for all the damage this is causing to your throat and lungs.



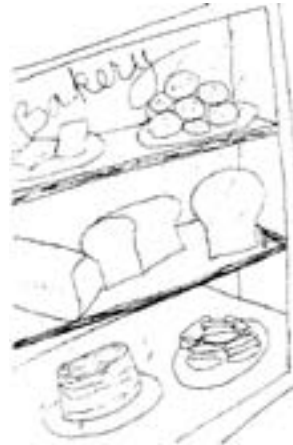
You are lead guitarist in a rock band. You play every night at gigs. In go two nails for all the damage to your ears and nerves.



# Another Nail in your Coffin



You have tried to cut down on smoking but your friends keep offering you cigarettes. Three nails for you since you are still smoking ten a day.



You cannot walk past a bakers shop without buying some cream cakes. You love slabs of chocolate, fruit cake and ice cream. Two nails for you because you prefer eclairs to apples.

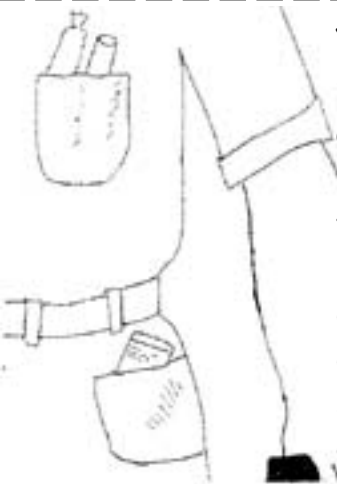
You live near a street market and buy fresh fruit and vegetables every day.



You eat them raw or only cook them very lightly. You drink a lot of orange juice, apple juice mango juice and every other juice full of Vitamin C.



You watch every late night movie on TV. You then watch videos or DVDs until 3am. A nail for the late nights and another nail for the beer cans you empty.



You always keep a packet of crisps or sweets in your pocket. Two nails for you because you never stop nibbling, crunching or chewing between meals and even during the night.

You eat a large greasebath every breakfast: eggs, bacon, sausages and fried bread.



You love a fry up with chips in the evening. Two nails go in because you cannot resist fatty food in the middle of the day either.



You are very worried about your health. Three nails go in, because you take a pill for every little ache, sleeping pills in the night and pep pills to keep you awake. Chemists and drug companies love you.



You go for bike rides in the country. You can take your bike for free on the train. Now you have started going to the swimming baths at least three mornings every week.