
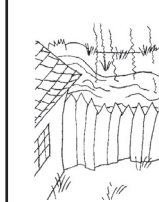


Another Nail in your Coffin




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.

An activity which is designed to stimulate discussion around health risks. First developed over twenty-five years ago. Some risks have diminished mainly because we have exported them to other countries. Other risks have increased.




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.

A.
Health affected by conditions at work

B.
Health affected by housing conditions



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.

C.
Health affected by habits

D.
Health affected by environment

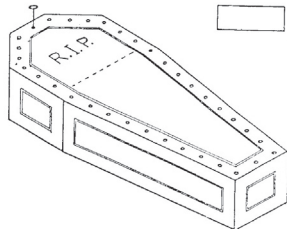
Cards for reading and sorting into four piles.

Now play the Game!

Take the 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



The sorting activities outlined here can be added to. e.g. risks that have increased in other countries as a result of globalisation. We are planning modern version of this activity.

You can download the full activity from Collaborative Learning at:
<http://www.collaborativelearning.org/another nail.pdf>