

HANDWASHING WITH ANANSE



ACKNOWLEDGEMENTS

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Ghana 2016



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GHANA RED CROSS SOCIETY

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WEEK 1

WHY IT IS IMPORTANT TO WASH HANDS WITH WATER AND SOAP

THIS WEEK

1. TELL COVER PAGE STORY
2. TELL WHY STORY
3. PLAY WHY GAME*
4. COMPLETE WHY ASSIGNMENT*

SYMBOL KEY



IMPORTANT STEP, DO NOT SKIP



SING OUT LOUD



WEEKLY ASSIGNMENT



**HANDWASHING
WITH ANANSE**

*Facilitation guide pages can be taken out of the book when facilitating games and debrief activities.

HAND WASHING WITH ANNANSE



COVER PAGE



1. Start with a song and dance - see Song and Dance Page (page 48).
2. Ask question about Ananse: "Can you tell me about Ananse?"
3. Begin telling the story using all bullet points below.

- Once a long time ago, everyone had the knowledge about washing their hands with soap and water.
- But they forgot it when Ananse stole all the wisdom and hid it in his pot.

4. Stop the story. Ask the children, "Who knows the story of Ananse stealing all the wisdom?" Allow them to respond.

- He tried to hide the pot on the top of a very large tree but struggled to climb it.
- Ntikuma, Ananse's son, saw his father struggling, advised him and he was able to climb the tree.
- Ananse became angry for not being able to climb by himself and dropped the pot.
- However, all the knowledge did not go back into the world! When Ananse climbed down from the tree and examined his broken pot, he found the knowledge about handwashing was still there.
- Before it could go back into the world, he grabbed it and put it in his pocket.
- Three pieces of handwashing knowledge still sit in Ananse's pocket; 1. Why, 2. How, and 3. When to wash your hands.
- Can you help us trick Ananse and bring this knowledge back into the world?



Ananse went to the toilet and did not wash his hands with soap and water.

STORY: ANANSE AND THE FEAST

INSTRUCTIONS

1. "I will now tell you about some of the knowledge that Ananse has stolen. This is about **WHY** we need to wash our hands with soap and water."
2. Ask the following question: "Why do you think we need to wash our hands?"

- There was a big festival and feast. Ananse wanted to eat all of the food himself.
- Ananse decided to try and get everyone sick so that they could not eat at the festival.
- Ananse came up with a plan to get everyone sick. He went to the toilet and did not wash his hands.

Ananse shook everyone's hands on the way to the feast.



STORY: ANANSE AND THE FEAST

INSTRUCTIONS



4. Ask the children: "Do you know what germs are? Do you know how germs spread?"
(Germs are tiny living things that can cause disease and spread through contact).

- Ananse stood in the road on the way to the feast.
- He shook hands with people who passed by.

5. Shake hands with a few of the children.

- Ananse realized that he didn't have time to shake everybody's hands.
- He convinced others that to be polite, they should stay with him and shake everyone's hands.



6. Sing "Akwaaba Akwaaba Akwaaba, Shake hands!" and have all the children shake hands together.

At the feast, everyone was sick and there was no one to cook.



STORY: ANANSE AND THE FEAST

- The germs spread from hand to hand and Ananse felt very clever.
- After shaking everyone's hands, Ananse washed his own hands with soap and water.
- Everyone ate biscuits before going to the feast, which made them sick.
- Ananse went to the feast feeling very smart and happy.
- But when he got there, everyone was sick so there was no one to cook, and he didn't get to eat anything.



7. Play the **WHY GAME**.

**HANDWASHING
WITH ANANSE**



WHY GAME

WEEK 1

This game teaches children **WHY it is important** to wash hands with water and soap by teaching them **how germs can spread** from one hand to another.

Materials Needed:

One bottle cap or small stone.

Setup:

Mark a playing field by putting objects at each corner.

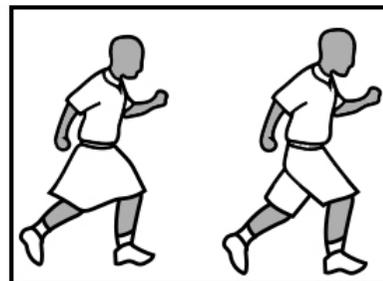
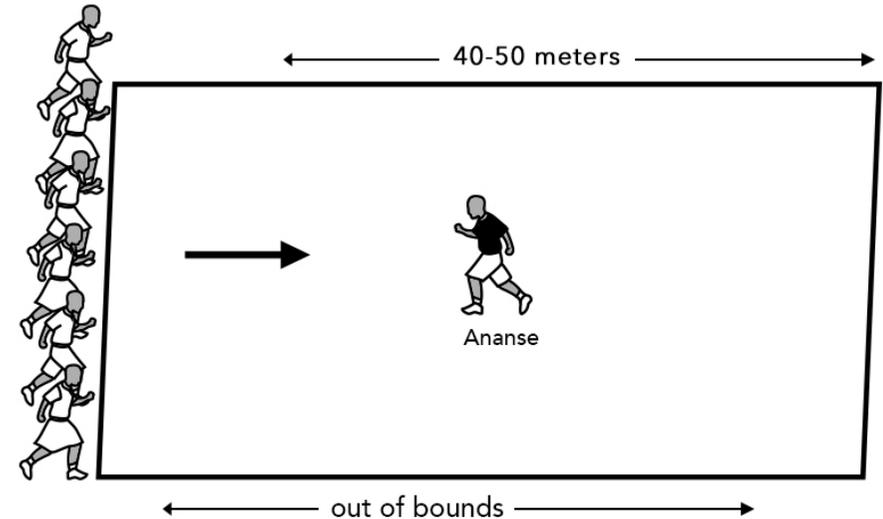
1. The width of the field should be 2 meters wider than all of the players standing next to each other.
2. The length should be approximately 40-50 meters.

STEP 1:

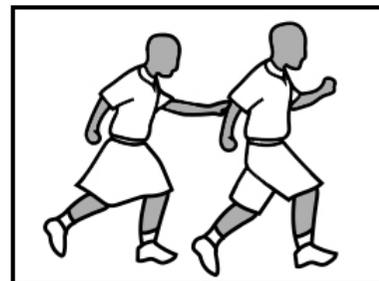
1. Have the players line up shoulder to shoulder at one end of the field.
2. Tell the players that they are the community and that they are going to the feast. To get to the feast they need to run to the other side of the field.
3. Have everyone run to the other side.

STEP 2:

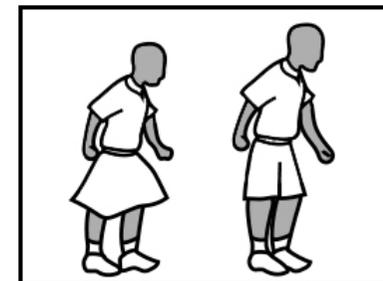
1. Choose one player to be Ananse. They will stand in the middle of the field. "Ananse is trying to stop you on your way to the feast. He wants to shake your hand."
2. When Ananse yells "Akwaaba Akwaaba Akwaaba, Shake hands!" players run from one side of the field to the other.
3. While they are on the field Ananse tries to chase and tag them.
4. If a player is tagged by Ananse, they need to stop running and then join Ananse chasing the other players.



The player is chased



The player is tagged



The player stops once tagged and joins Ananse

STEP 3:



Between each round all the players who were tagged by Ananse must shake hands with Ananse and each other. This means the germs on Ananse's hands are spread to the tagged players.

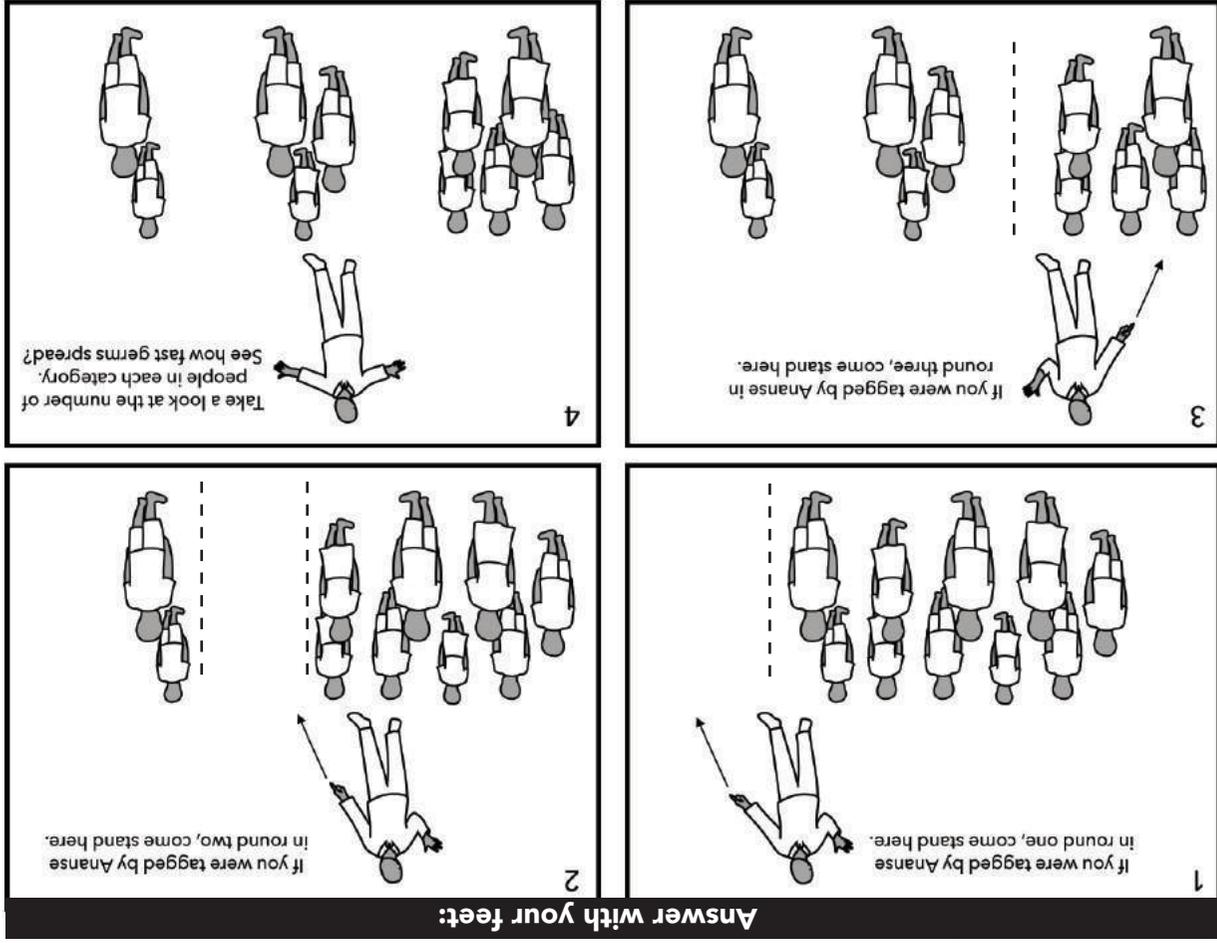
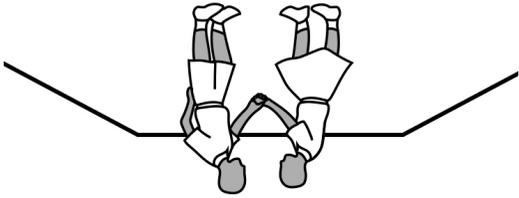
Other Rules:

1. Do not let players run off the length side of the field. If they do, they must shake hands with Ananse.
2. Play until there are 4 or less children on the community team (the team chased by Ananse).

STEP 4:

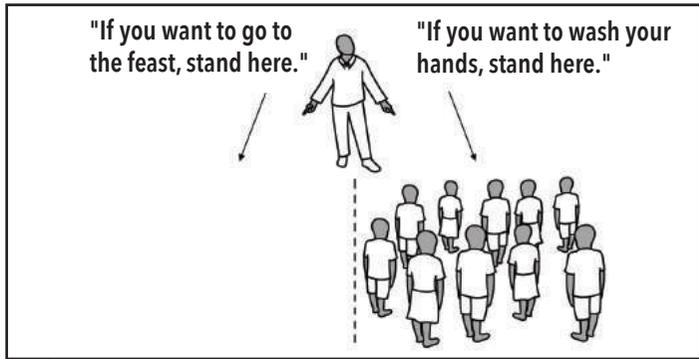
1. Answer with your feet:

- Have players answer which round they got dirty hands (e.g. round one, round two, round three, round four, etc.).
- Talk about how quickly germs can spread.

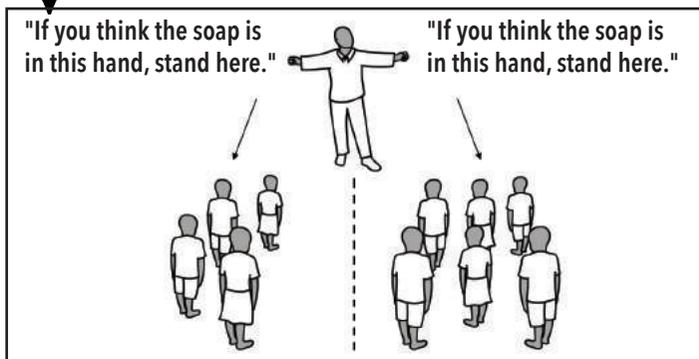


2. Answer with your feet Part 2. First you will ask if the children want to wash their hands or go to the feast. Depending on how they answer, you will either go back to playing the game or answer with your feet again.

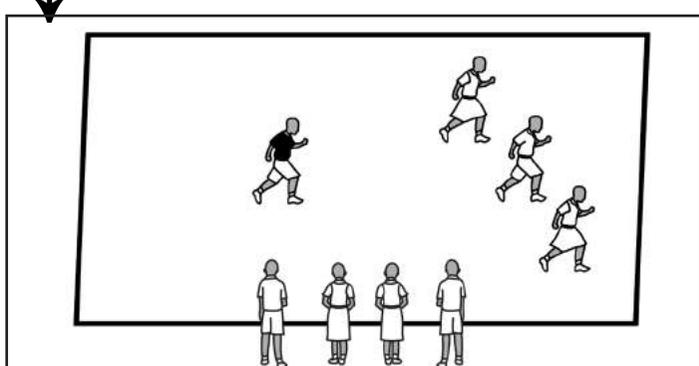
If all or most students choose to wash hands:



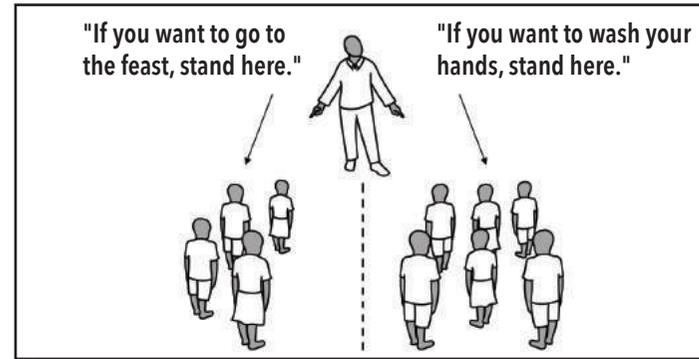
Do the following answer with your feet:



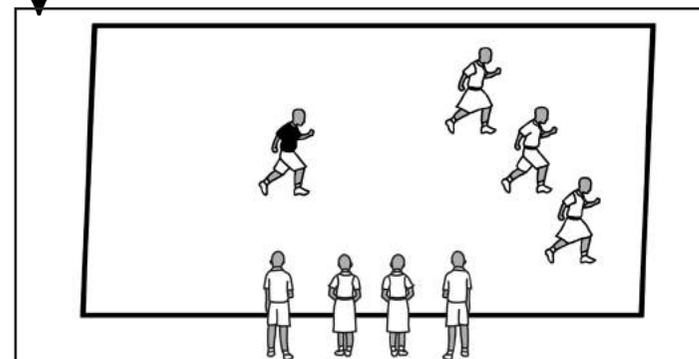
Those who answered wrong become line judges.



If students are more evenly divided:



Those who chose the feast become line judges.



Anytime players choose to go the feast instead of washing their hands explain that they will get sick. Those players have to be line judges for the next game.

Play the entire game three times.



Fill Ananse's pocket with stones!



DEBRIEF

Ask the children about the following:

- "Why do you think we need to wash our hands?"
- "What will happen in real life if you don't wash your hands before you eat?"

Make sure you get children to understand that germs will go from their hands into their mouths and this can make them very sick.

ASSIGNMENT FOR WEEK 2



- When Ananse stuck the handwashing knowledge in his pocket, his wisest son Ntikuma saw him.
- Ntikuma devised a plan to get the knowledge out of Ananse's pocket. When Ananse was not looking, Ntikuma would place a stone in Ananse's pocket.
- Soon there were so many stones that Ananse's pocket began to tear and the knowledge began to fall out into the world.
- You need to help Ntikuma fill Ananse's pockets with stones.

1 Tell the children they need to do the following to get the WHY knowledge out of Ananse's pocket:

- Wash their hands with soap and water **before they eat** (in school and at home).
- Each time that they do this they can put a stone in their pocket, bring that stone into school, and then place it on the image of Ananse's pocket.

2 Take out the pocket page of the book and place it in a visible location. Or, draw a pocket in the sand.

- Over the next week the **children will need to fill Ananse's pocket with stones 3 times** (stones must be smaller than the dotted circle on the page). You can place the stones on the image of the pocket or use a small bag.

3 Each time the pocket is completely filled, do the following:

- Ask the children: "How many of you have washed your hands with soap today?"
- Place 1 of the WHY Story images on the classroom wall or have the children draw a WHY image to place on the wall.

WEEK 2

HOW TO WASH HANDS WITH WATER AND SOAP

THIS WEEK

1. GO OVER LAST WEEK'S ASSIGNMENT
2. TELL HOW STORY
3. PLAY HOW GAME*
4. COMPLETE HOW ASSIGNMENT*

SYMBOL KEY



IMPORTANT STEP, DO NOT SKIP



SING OUT LOUD



WEEKLY ASSIGNMENT



**HANDWASHING
WITH ANANSE**

*Facilitation guide pages can be taken out of the book when facilitating games and debrief activities.

Ananse got a gift from his neighbor because his son helped.



STORY: ANANSE AND THE WIND

INSTRUCTIONS



1. Start with a song and dance - see Song and Dance page (p 48).
2. Week 1 assignment debrief: "How many times did you fill Ananse's pocket with stones?" "What are germs and how do they spread?"
2. Tell the children they are going to learn **HOW** to wash hands with soap and water.

- One day a terrible sickness struck Ananse's community. Everyone was sick except for Ananse and his family.
- Ananse being clever sent his sons and daughters to help his neighbors (farm, fetch water, etc.).
- The neighbors were so grateful that they gave Ananse gifts for his help.
- One day the Chief called Ananse to his home, and Ananse became very excited because he thought that he would get the best gift from the Chief.
- Instead of asking for help, the Chief asked Ananse to go to the Sky God to find a way to make everyone better.

The Sky God taught Ananse the seven steps of handwashing with soap and water.

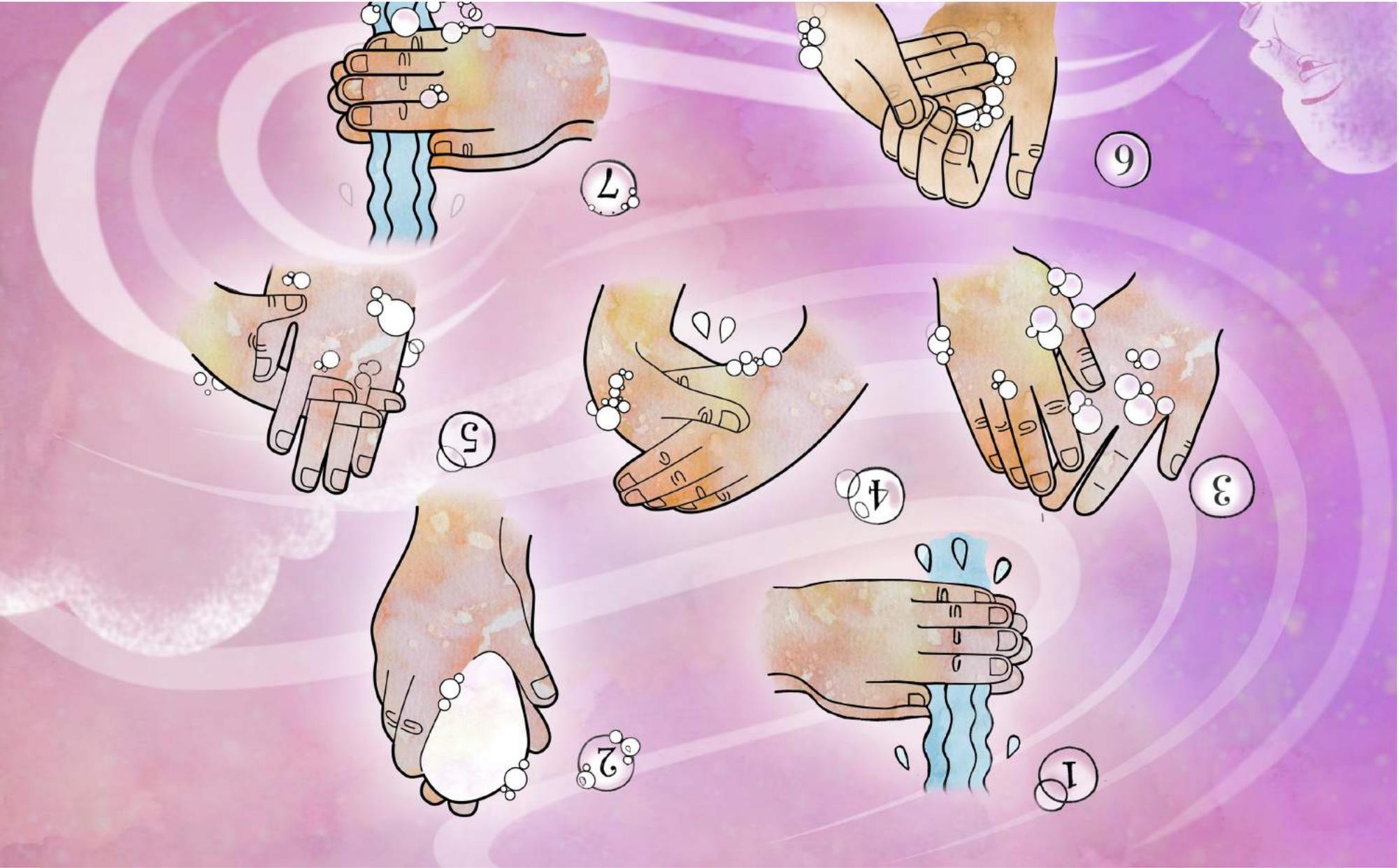


STORY: ANANSE AND THE WIND

- Upon arriving, the Sky God said that everyone was sick in Ananse's community because no one washed their hands with soap and water.
- To stop the sickness all Ananse had to do was to remember these steps and take them back to his community:
 1. Wet your hands with clean water.
 2. Add soap to your hands.
 3. Wash your fingers and thumbs.
 4. Wash the backs of your hands.
 5. Wash between your fingers.
 6. Wash your nails.
 7. Rinse with clean water.
- Ananse being clever pretended that he could not remember the steps.

-  3. Ask the children if they can remember the steps. Make sure that they can say all of the steps in order more than once.

1. Wet hands with clean water. 2. Add soap. 3. Wash palms, fingers, and thumbs. 4. Wash backs. 5. Wash in-between. 6. Wash nails. 7. Rinse with clean water.



STORY: ANANSE AND THE WIND

- Even though we can remember the steps, Ananse still pretended that he could not remember the steps.
- To help Ananse remember, the Sky God sang him a song with all of the steps.



4. Have everyone sing the following song 2 times with hand motions:

 Water and Soap  Water and Soap  Fingers and thumbs  Fingers and thumbs
 Back and in between  Back and in between  Nails, rinse, dry!  Nails, rinse, dry! 

- Ananse still pretended like he could not remember.
- So the Sky God taught the song to the wind.
- The wind carried the song back to the community.
- When Ananse returned, everyone knew how to wash hands with water and soap.



5. Play the **HOW GAME**.

**HANDWASHING
WITH ANANSE**



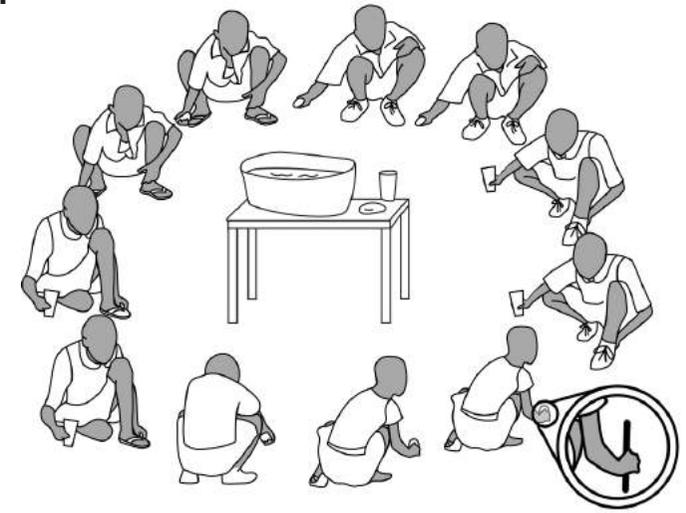
HOW GAME

WEEK 2

This game teaches children **HOW** to wash hands with water and soap using the **seven correct steps**.

Materials Needed:

1. Tell players to all go get the same kind of object (e.g. stick or stone), one per person.
2. Four different objects (e.g. if players use stones, use four sticks for the different objects).
3. Two Handwashing Stations or Tippy Taps:
 - i. Set up the stations next to each other.
 - ii. Each station needs: clean water, a bar of soap, a pail/bowl for dirty water, a cup / bottle /container to pour water.



Switch 2 stones for sticks for Step 2.

STEP 1:

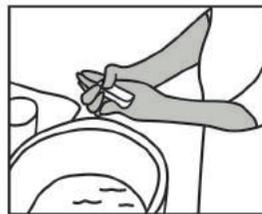
1. Have all students squat in a circle.
2. Give each student a stone, stick, or other small item. These should all be the same. For example, if you are using stones use all stones, or sticks use all sticks.
3. Sing the song from the story one time. *(Water and soap, water and soap, fingers and thumbs, fingers and thumbs, back and in between, back and in between, nails, rinse, dry! nails, rinse, dry!)* During the song, players pick up their object and pass it to the front of the person on their right.
4. Sing the song and pass the objects one more time.

STEP 2:

1. Replace two objects with other objects (For Example: two sticks for two stones).
2. Sing the song and pass the objects to the right.
3. At the end of the song yell "STOP!"
4. Have the two players with the sticks stand up and walk over to one of the handwashing stations.
5. The two players with the sticks need to wash their hands using the correct steps while the rest of the players watch. One player can pour water from the cup while the other washes, then switch.



1. Wet hands with clean water.



2. Add soap.



3. Wash palms, fingers, and thumbs.



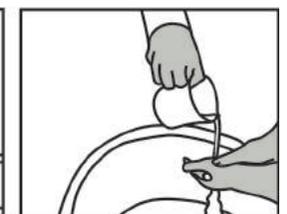
4. Wash backs.



5. Wash in-between.



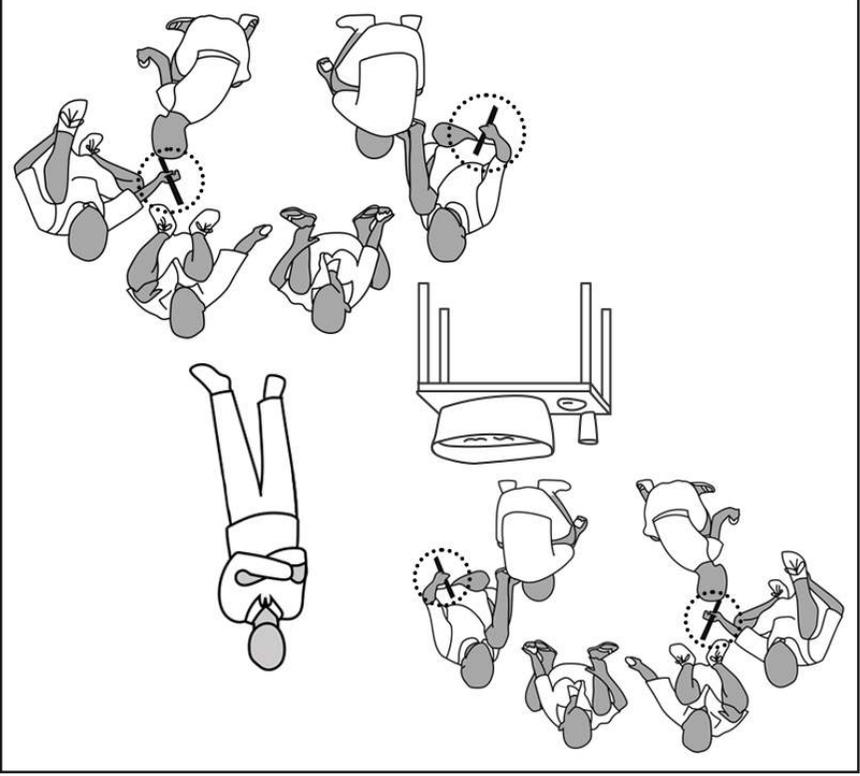
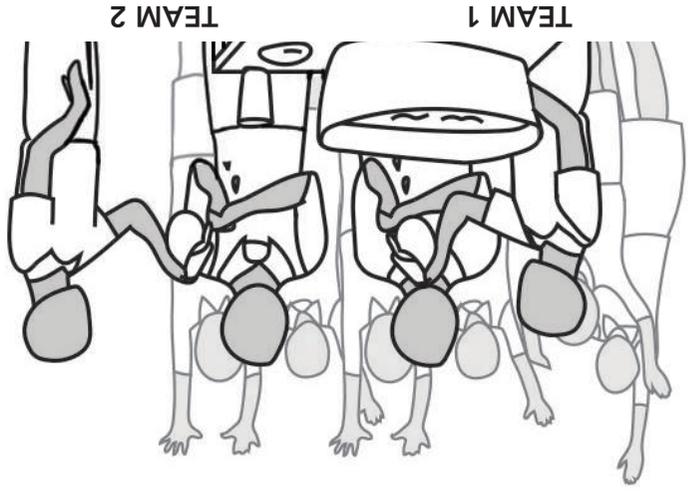
6. Wash nails.



7. Rinse with clean water.

STEP 3:

1. Break players into two teams. (For Example: Boys vs. Girls).
2. Each team squats in a circle.
3. Each player gets an object (stick, stone, or etc.).
4. In each circle replace two of the objects with other objects (e.g. stick for stone).
5. Sing the song and have each circle pass the objects to the right.
 - “Water and Soap
Fingers and thumbs
Back and in between
Nails, rinse, dry!”
 - ♪
 - Fingers and thumbs
Back and in between
Nails, rinse, dry!”
 - ♪
 - “Water and Soap
Fingers and thumbs
Back and in between
Nails, rinse, dry!”
6. At the end of the song yell “STOP!”
7. The players from each circle that have the other object will now race against each other to wash their hands.
8. The rest of the team watches and cheers.
9. They must follow all the handwashing steps in order. The facilitator can judge. If they miss a step, then they must start over.
10. Whichever team completes washing their hands with the correct steps first wins.
11. Play at least three times.





Fill Ananse's pocket with stones!



DEBRIEF

Ask the children about the following:

- What do you think will happen if you do not follow all of the steps when you wash your hands with soap and water?
- Do you think that you can be like the wind and share these steps with others? Who do you think you can share them with?

ASSIGNMENT FOR WEEK 2



1 Tell the children they need to do the following to get the HOW knowledge out of Ananse's pocket:

- Wash their hands with soap and water **using the correct steps** (in school and at home).
- Teach someone** the steps to wash hands with water and soap.
- Each time that they do either of these they can put a stone in their pocket, bring that stone into school, and then place it on the image of Ananse's pocket.

2 Take out the pocket page of the book and place it in a visible location. Or, draw a pocket in the sand.

- Over the next week the **children will need to fill Ananse's pocket with stones 3 times** (stones must be smaller than the dotted circle on the page). You can place the stones on the image of the pocket or use a small bag.

3 Each time the pocket is completely filled, do the following:

- Ask the children: "How many of you have washed your hands with soap today?"
- Place 1 of the HOW Story images on the classroom wall or have the children draw a HOW image to place on the wall.

WEEK 3

WHEN TO WASH HANDS WITH WATER AND SOAP

THIS WEEK

1. GO OVER LAST WEEK'S ASSIGNMENT
2. TELL WHEN STORY
3. PLAY WHEN GAME*
4. COMPLETE WHEN ASSIGNMENT*

SYMBOL KEY



IMPORTANT STEP, DO NOT SKIP



SING OUT LOUD



WEEKLY ASSIGNMENT



**HANDWASHING
WITH ANANSE**

*Facilitation guide pages can be taken out of the book when facilitating games and debrief activities.

Ananse offered to trade the fishermen soap for taking him across the river.



STORY: ANANSE AND THE WISE GRANDMOTHER

INSTRUCTIONS

1. Start by singing the water and soap song:  *Water and Soap, Water and Soap...* 
2. Week 2 assignment debrief: "How many times did you fill Ananse's pocket with stones?" "What are the 7 handwashing steps?"
3. Tell the children they are going to learn **WHEN** to wash hands with soap and water.

- One day Ananse went to visit the Wise Grandmother.
- Wise Grandmother lived on the other side of a wide river.
- Ananse needed a way across.
- He saw some fishermen paddling down the river and called them over.
- As they paddled toward him, they sang a song.

4. Sing the song (Sisirimbom tabrimbom, p 48), make paddling motions, and invite the children to do it along with you.

- Ananse offered to give the fishermen soap in exchange for taking him across the river.

Ananse decided he wanted to keep the soap.



STORY: ANANSE AND THE WISE GRANDMOTHER

- The fishermen agreed to trade.
- On the way across the river, Ananse decided he wanted to keep the soap.
- When they got to the other side, he told the fishermen he would only give them the soap if they wouldn't waste it. They must know the critical times to wash their hands with soap and water.



5. The critical times to wash your hands means that if you don't do it, there is a high risk of making yourself or others sick.
6. Guide them until they identify all:
 1. Before cooking.
 2. Before eating.
 3. Before feeding a baby.
 4. After cleaning a baby.
 5. After going to the toilet.

- The fishermen told Ananse the correct critical times and Ananse told them he was not sure that they were right.
- He said they must ask the Wise Grandmother.
- This was a trick, because Ananse knew the Wise Grandmother was deaf and couldn't hear.



STORY: ANANSE AND THE WISE GRANDMOTHER

- Wise Grandmother came and the fishermen tried to tell her the times.

7. Ask the children the critical times again.

8. Pretend you are the Wise Grandmother and that you can't hear them.

- The Wise Grandmother couldn't hear what they were saying.
- The fishermen saw that Ananse had tricked them.
- They decided to act out the critical times instead.

9. Have the children act out the times:

1. Before cooking.
2. Before eating.
3. Before feeding a baby.
4. After cleaning a baby.
5. After going to the toilet.

- The Grandmother, being wise, recognized the critical times and made Ananse give them the soap.



10. Play the **WHEN GAME**.

**HANDWASHING
WITH ANANSE**



**WEEK 3
WHEN GAME**

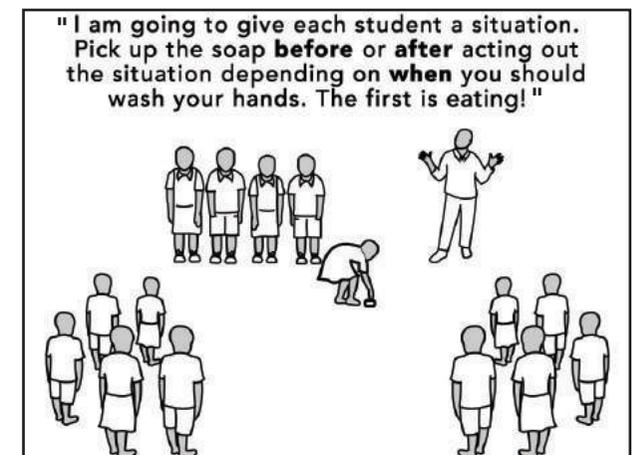
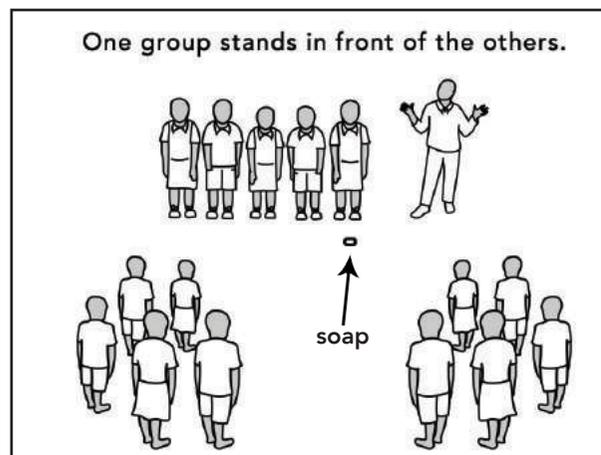
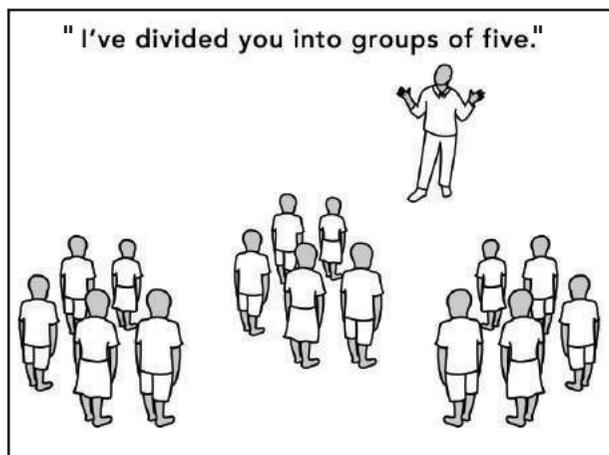
This game teaches children the **5 critical times WHEN** they should wash hands with water and soap.

SETUP:

1. Break all of the students into teams of 5 players. (It is ok if there is one team with less than 5 players).
2. Tell players that they are the fishermen and that they will need to act out for the Wise Grandmother the appropriate times.
3. Place an object representing soap (e.g. a stone) on the ground where it is visible to all teams.

STEP 1:

1. Have one team of five stand in front of everyone.
2. Have one player from that team step forward.
3. Give them a critical time to act out.
4. Depending on the time, the player will need to pick up the soap either before or after they act. This should correspond to when they should wash their hands with soap and water. Note: Don't act out the 7 handwashing steps.
5. Repeat this process until all 5 critical times are acted. (Give each player a different time. If a team has only 4 players then 1 player will act 2 different critical times).

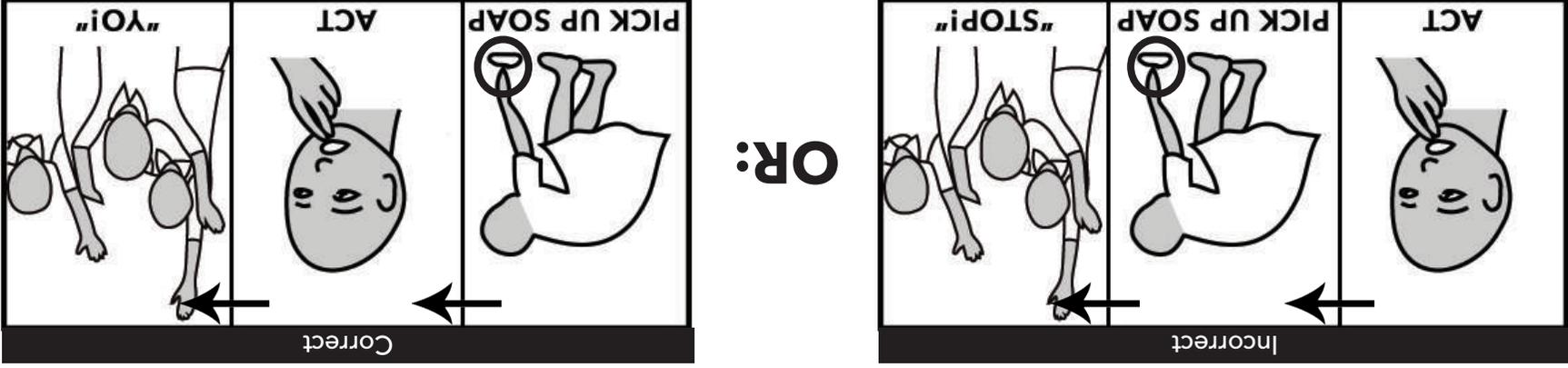


6. The other teams will judge and will yell "YO!" if the player picks up the soap correctly. If the player picks up the soap incorrectly, they will yell "STOP!" Encourage the children to be enthusiastic when they yell "YO!" or "STOP!"
7. Give the team a score from 0-5 depending on how many critical times they acted out correctly. Repeat this process until all 5 critical times are acted. (Give each player a different time. If a team has only 4 players then 1 player will act 2 different critical times).

STEP 2:

1. Do all of Step 1 for each team until every player has acted.
2. The team/s with the most points at the end win.

Here is an example of somebody acting out eating:



Actions / When to pick up soap: (do not mention 'before / after' when giving instructions to act):

1. Feeding Baby / Before 
2. Cooking Food / Before 
3. Eating / Before 
4. Cleaning Baby / After 
5. Going Toilet / After 



Fill Ananse's pocket with stones!



DEBRIEF

Ask the children about the following:

- What do you think will happen if you do not wash your hands with water and soap at the right times?
- Do you think that you can be like the fishermen and tell others when to wash their hands with water and soap?

ASSIGNMENT FOR WEEK 3



1 Tell the children they need to do the following to get the WHEN knowledge out of Ananse's pocket:

- Wash their hands with soap and water using the correct steps and at the correct times (in school and at home).
- Teach someone the times WHEN they need to wash hands with soap and water.
- Each time that they do either of these they can put a stone in their pocket, bring that stone into school, and then place it on the image of Ananse's pocket.

2 Take out the pocket page of the book and place it in a visible location. Or, draw a pocket in the sand.

- Over the next week the children will need to fill Ananse's pocket with stones 3 times (stones must be smaller than the dotted circle on the page). You can place the stones on the image of the pocket or use a small bag.

3 Each time the pocket is completely filled, do the following:

- Ask the children: "How many of you have washed your hands with soap today?"
- Place 1 of the WHEN Story images on the classroom wall or have the children draw a HOW image to place on the wall.

WEEK 4

WRAP UP

THIS WEEK

1. GO OVER LAST WEEK'S ASSIGNMENT
2. TELL END PAGE STORY
3. CELEBRATE END OF GAME

SYMBOL KEY



SING OUT LOUD



**HANDWASHING
WITH ANANSE**

*Facilitation guide pages can be taken out of the book when facilitating games and debrief activities.

All of the handwashing knowledge burst out of Ananse's pocket and everyone celebrated.



END PAGE



1. Start with a song and dance - see Song and Dance Page (page 48).

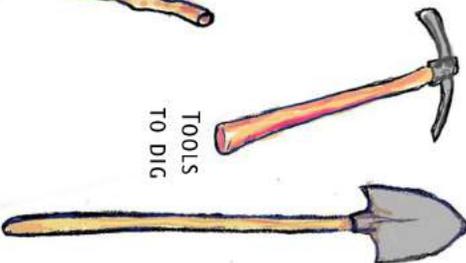
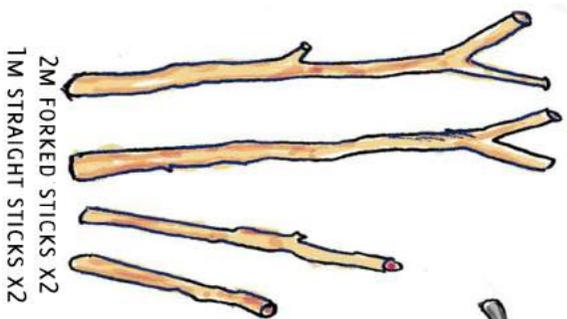


2. Week 3 Assignment debrief: "Do you remember where Ananse was hiding all of the Handwashing knowledge?" (*Answer: in his pocket.*) "How many times did you fill Ananse's pockets with stones?"

- With your help Ntikuma filled Ananse's pocket with more and more stones.
- The first week Ananse's pocket tore a little bit and the knowledge about WHY to wash hands with soap and water fell out.
- The second week Ananse's pocket tore a little bit more and the knowledge about HOW to wash hands with soap fell out.
- The third week Ananse's pocket tore completely off and the knowledge about WHEN to wash hands with soap fell out.
- You helped Ntikuma bring all of the handwashing knowledge back to the world. Be careful because Ananse will try to steal this knowledge back.
- To keep him from doing this you must keep washing your hands and teaching others what you have learned.

3. Post the cover page and the end page next to each other on the wall of the classroom.

HOW TO BUILD A TIPPY TAP



TOOLS TO DIG



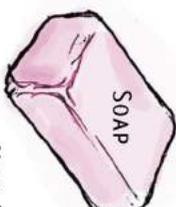
GRAVEL



WATER CONTAINER



2 PIECES OF STRING



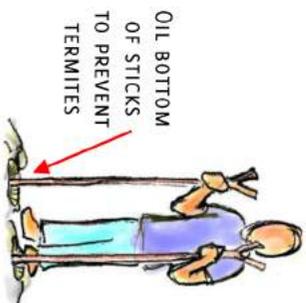
SOAP



NAIL & CANDLE

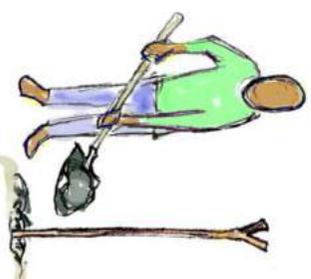


1. DIG TWO HOLES 18IN DEEP AND ABOUT 2FT APART

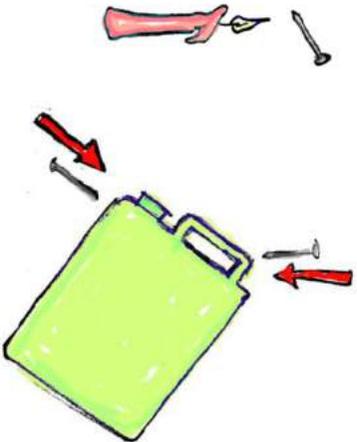


OIL BOTTOM OF STICKS TO PREVENT TERMITES

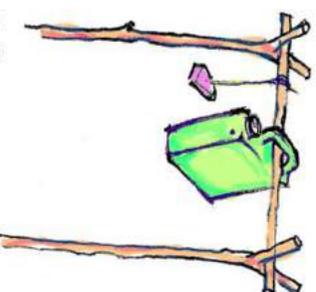
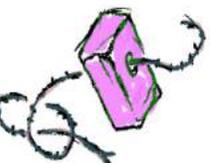
2. PLACE THE FORKED STICKS, ENSURE THEY ARE LEVEL



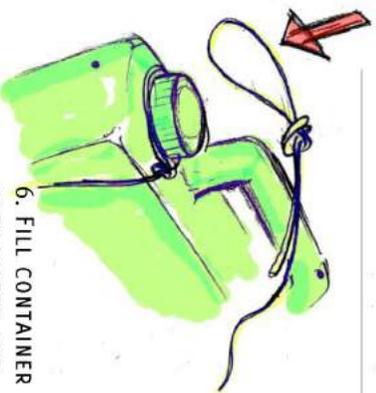
3. FILL HOLES WITH SOIL & ROCKS, AND PACK TIGHTLY



4. MAKE A HOLE IN THE SOAP AND THREAD STRING



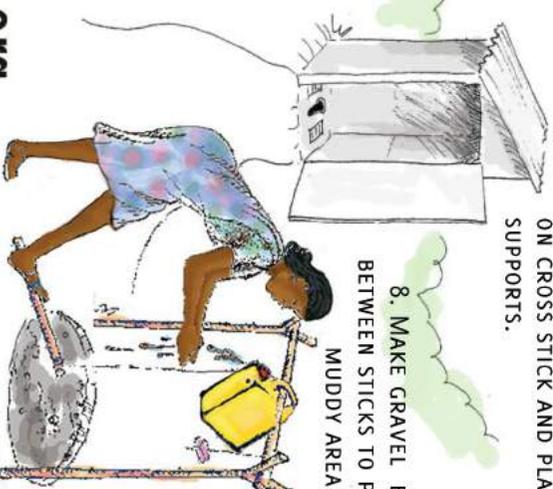
5. HANG CONTAINER AND SOAP ON CROSS STICK AND PLACE ON SUPPORTS.



6. FILL CONTAINER WITH WATER AND ATTACH STRING.



7. ATTACH OTHER END OF STRING TO FOOT LEVER STICK



8. MAKE GRAVEL BASIN BETWEEN STICKS TO PREVENT MUDDY AREA

All of the songs and dances below involve a call and response. The facilitator will sing a phrase to the children and do an action and the children will respond with a phrase and a action.

Energizer 1

Facilitator Calls	Kashikashikai!
	Kashikashikai!
	Agya Ananse rebesa (Ananse is coming to dance)!
	Ode ne tiri rebesa (He is coming to dance with his head)!
	Ode ne nan rebesa (He is coming to dance with his legs)!
	Attention! At Ease! Your waist! Your waist!
Children Respond	Kashikelei (Children shake their waist)
	Kashikelei (Children copy dance)
	Kashikelei (Children move their head)
	Kashikelei (Children move their legs)

Energizer 2

Facilitator Calls	Do do do as I do! (Jump)
	Do do do as I do! (Clap)
	Do do do as I do! (Shake one leg)
	Do do do as I do! (Spin in a circle)
	Etc.
Children Respond	Just do it! (Jump)
	Just do it! (Clap)
	Just do it! (Shake one leg)
	Just do it! (Spin in a circle)
	Etc.

When Game (Sisirimbo tabrimbo!)

Facilitator Calls	Sisirimbo tabrimbo, eyi ye adee a oyaa (pretend to paddle a boat). (Repeat 10X)
Children Respond	Sisirimbo tabrimbo, eyi ye adee a oyaa (pretend to paddle a boat). (Repeat 10X)

How Game

- Sansankroma** - "Sansankroma ne ni awuo orekyekye nkoko mma, ose obeye adwuma ne ni awuorekyekye nkoko mma."
- Kruwa Kruwa! Kru gyengyen!** - "Kruwa Kruwa! Kru gyengyen!"