

NightWatch: An Education Program to End Malaria

A Message from Youssou NDour

Dear Principals and Teachers,

Thank you for participating in this vital program to teach your students about the importance of using a mosquito net to help end malaria forever. We must protect our lives and our dreams. Your leadership and teaching are critical in making this important change for your community. Ending malaria means a healthier continent, better education and a better economic opportunity for all of us.

The purpose of this curriculum is to engage students about malaria prevention throughout instruction and creative expression. We need you, as teachers, to help students understand why sleeping under a mosquito net every night is an essential step to staying healthy. We want each of your students to accomplish their goals and dreams.

The curriculum will take up to six days to teach but should also be continued throughout the year to reinforce the messages. In doing so, we will help our community, Africa, and the world end malaria forever. The curriculum is meant to be enjoyable, memorable and shareable!

My dream for Africa is to be malaria free forever. Your participation is very important.

Sleep peacefully,

Youssou NDour

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Overview of Curriculum

This manual includes all the information teachers will need to teach students about malaria prevention and the importance of sleeping under a mosquito net every night.

Malaria is a life threatening disease caused by a parasite that is transmitted from one person to another through the bite of an Anopheles mosquito. Malaria is the number one killer of young children in Africa. Sadly, a child dies every 45 seconds from malaria, but this is absolutely preventable. Ending deaths by malaria requires a comprehensive set of solutions that include education, distribution and daily use of mosquito nets, insecticide spraying, testing, and availability of anti-malarial drugs to treat the disease.

The main objective of the curriculum is to show students that by keeping themselves safe under their mosquito net, they are keeping their dreams and goals safe too. This curriculum is designed to be interactive with lessons, activities and games to engage students about malaria prevention – with the hope that they will share their learning with friends, family and neighbors.

For six days, Teachers will take 30 minutes of class time to teach about malaria. Teachers can call this “NightWatch Time.” The teacher will spend the first few days reviewing facts about malaria and mosquito net use followed by a test. Once students pass the test, they will participate in an activity called Dream Keeper. This activity reminds students of the important role they play to help end malaria and that sleeping under their net every night means they have the power to “protect their health and keep their dreams alive.”

It will be important for teachers to continue teaching and discussing the facts throughout the school year as part of ongoing NightWatch activities. The manual includes suggested activities to continue using once the curriculum is over for students to stay involved in the fight against malaria.

Teacher Review of Curriculum Materials

- Review the materials carefully, specifically the 9 Basic Facts about Malaria and Mosquito Nets, so that you understand what students are expected to learn before you begin teaching.
- Review the lesson plans to make sure you have materials ready before teaching each lesson.
- Practice setting up the mosquito net prior to asking students to try it in the classroom.
- Review the 9-point test to make sure students can answer the questions themselves.

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General Teaching Tips

- Decide what time of day is best to teach the curriculum.
- Allow 6-8 days to complete the unit.
- Allow 45 minutes during Lesson 1 to give students enough time to answer the net use questions and to learn about the upcoming curriculum.
- Allow around 30 minutes each day to complete each lesson, the test and any related ongoing activities.
- Keep materials safe and secure so the curriculum unit can be used throughout the school year for ongoing related activities to reinforce what was learned.
- **If there is no board available in the classroom to write down the facts:**
 1. State the facts out loud,
 2. Ask students to write down the facts,
 3. Ask the entire class, or select students, to repeat each fact out loud.
- For each fact, there is supplementary information in the manual that can be used to support the lesson (see Appendix)
- After each fact is presented, remember to ask students if they have any questions.
- In order to keep students engaged in the curriculum, it will be important to deliver the curriculum with excitement and energy.

Curriculum Summary

1. Before introducing the curriculum, students will be asked two very important questions about their mosquito net use.
2. Next, teachers will preview the six-day curriculum.
3. Three lesson plans will provide life-saving facts about malaria and mosquito net use, followed by a 9-point test.
4. After passing the test, students will receive a Certificate of Achievement and participate in a fun Dream Keeper activity. Students will create personal “dream banners” as the culminating activity for the curriculum.
5. It is expected that the learning will have greater impact as the curriculum is connected through a series of ongoing activities. These activities will reinforce the fact that sleeping under a mosquito nets every night means, “keeping ourselves and our dreams alive.”

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Day 1: Mosquito Net Use Questions & Curriculum Preview

Lesson Objectives

Teachers will follow the two-step sequence exactly for introducing information in this lesson.

Step 1. Students will answer two important questions about their mosquito net use at home.

Step 2. Teacher will provide a brief summary of what will be learned in the curriculum for the next six days and throughout the year.

Teacher Preparation

Write Mosquito Net Use questions on the board for students to copy down and answer.

If no board is available in the classroom, be prepared to read the questions out loud and ask the students to write down their answers.

Instructional Procedures

Please follow the sequence exactly as directed to introduce this unit of study.

If there is no board in the classroom to write down the Mosquito Net Use questions:

1. Read the questions out loud,
2. Ask students to write down the answers.

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Step 1: Mosquito Net Use Questions

Begin the lesson by asking the class these two very important questions.

The questions should be written on the board or asked precisely this way, and one at a time.

1. Do you have a mosquito net to sleep under?
2. If yes, did you sleep under a mosquito net last night?

The answers should be quietly written down and handed back to the teacher. The teacher then writes down the answers on the form located in the Appendix.

This form should then be mailed back to:

U.S. Peace Corps Tanzania

Attn: National Malaria Coordinator, PCL

P.O. Box 9123

Dar es Salaam

Note: These questions should be asked later on in the year and a second form included in the program should be mailed back to the address above.

Step 2: Preview Malaria Curriculum Use the points below to introduce the curriculum for students. Tell the class that they will be participating in a six-day education program to end malaria and that...

- Malaria is a crisis in Africa.
- Sadly, a child dies every 45 seconds from malaria.
- Malaria is absolutely preventable.
- You may have known someone who had malaria or yourself, may have had malaria in the past.
- It is very important to learn about malaria and the importance of using a mosquito net.
- Over the course of the week, you will learn facts about malaria and the importance of mosquito nets to keep your hopes and dreams alive.
- There will be a test at the end of this unit to assess your learning.
- After the test you will receive a Certificate of Achievement and Participate in a fun Dream Keeper activity. You will create “dream banners” that will include your dreams and goals.
- Students will continue the curriculum with ongoing activities throughout the school year to reinforce the learning, especially at home.

Home Connection

Encourage students to share with family and friends at home that they will be participating in an education program to end malaria.

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Day 2 Malaria Facts

Lesson Objectives

Make students aware that Africa is in the midst of a malaria crisis – a disease that kills one million people a year, with 90% of the deaths in Africa. We can solve the crisis through education. Students will be expected to learn basic facts about the disease.

Teacher Preparation

Write malaria facts on the board for students to copy and leave facts on the board for the duration of the lesson.

Instructional Procedures

Tell the class that they must learn and understand a total of nine important facts about malaria and mosquito nets, which will be taught over the next two days. In this lesson, students will be taught six facts about malaria. At this time, you may ask students what they know about malaria to engage them and get the conversation started. Then ask students to write down the six facts about malaria (see below). Once they have written down the facts, ask for volunteers to read each fact. For more information on these facts, see page 18 in the Appendix.

1. Malaria is a preventable life-threatening disease that can kill you and your dreams.
2. Malaria is transmitted only by a special kind of mosquito – called the Anopheles mosquito – which primarily bites at night.
3. Malaria symptoms are fever, chills, headache, vomiting and other flu like symptoms.
4. Malaria should be treated immediately. If you think you or someone in your family might have malaria, visit a health clinic as soon as possible. They have a test to tell you if you have malaria.
5. Malaria has been eliminated in much of the world, throughout the use of insecticides, medicine and by sleeping under mosquito nets.
6. Malaria is preventable and curable. You have the power to end malaria deaths in your community, in your country and throughout Africa.

Home Connection

Encourage students to share what they have learned about malaria with family and friends at home. Have each student pick one fact from today's lesson and quiz their family to see if they know whether it is true or false. Students can then share what they learned during the next lesson.

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Tips for Teachers

If there is no board available in the classroom to write down the facts, during the lesson:

1. Read the facts out loud,
2. Ask students to write down the facts,
3. Ask the entire class, or selected students, to repeat each fact out loud.

By having students write the facts down, it will help reinforce the learning and they will have a copy of the facts to study at home and share with their family and friends.

Students should understand that they can and should be part of the solution to eliminate malaria. If they work hard in the next few years to help eliminate malaria, their children will not have to live with it. This will improve the lives of their family, community and country.

Make sure to reinforce the facts to dispel any rumors or mistruths about malaria.

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Day 3 Malaria Prevention

Lesson Objectives

Review basic malaria facts and introduce how to avoid being infected with the disease by the nightly use of a mosquito net.

Teacher Preparation

Write the basic Facts about Malaria and Mosquito Nets on the board for students to copy and leave facts on the board for the duration of the lesson) 6 facts from the lesson before and 3 new facts on mosquito nets; see page 19).

Instructional Procedures

Before starting the lesson, ask for volunteers to tell you two facts they remember from the previous lesson and what they learned from talking with their family on the facts as part of their homework.

Then ask students to write down the facts (if they don't have their copy from previous lesson). Ask for volunteers to read each fact. For additional information on these facts, see page 18 in the Appendix.

1. Malaria is a preventable life-threatening disease that can kill you and your dreams.
2. Malaria is transmitted only by a special kind of mosquito – called the Anopheles mosquito – which primarily bites at night.
3. Malaria symptoms are fever, chills headache, vomiting and other flu-like symptoms.
4. Malaria should be treated immediately. If you think you or someone in your family might have malaria, visit a health clinic as soon as possible. They have a test to tell if you have malaria.
5. Malaria has been eliminated in much of the world, throughout the use of insecticides, medicine and by sleeping under mosquito nets.
6. Malaria is preventable and curable. You have the power to end malaria deaths in your community, in your country and throughout Africa.

After reviewing the six facts about malaria, students will now be taught three facts about mosquito nets. At this time, you may ask students what they know about mosquito nets to engage them and get the conversation started. Then ask students to write down the three facts about mosquito nets (see below). Once they have written down the facts, ask for volunteers to read each fact. For additional information on these facts, see page 19 in the Appendix.

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Home Connection

Encourage students to share what they have learned at home with family and friends and to study the facts in preparation for the test. Have students make sure that their mosquito nets are being used at home. Students can then share how many people used their net that night during the next lesson.

Tips for Teachers

If there is no board available in the classroom to write down the facts, during the lesson:

1. Read the facts out loud,
2. Ask students to write down the facts,
3. Ask the entire class, or selected students, to repeat each fact out loud.

By having students write the facts down, it will help reinforce the learning and they will have a copy of the facts to study at home and share with their family and friends.

Students should understand that they can and should be part of the solution to eliminate malaria. If they work hard in the next few years to help eliminate malaria, their children will not have to live with it. This will improve the lives of their family, community and country.

Make sure to reinforce the facts to dispel any rumors or mistruths about malaria.

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Day 4 Mosquito Nets save Lives

Lesson Objectives

Review the facts about malaria and mosquito nets. Teach how to set up a mosquito net in the classroom so students can teach their family and friends.

Teacher Preparation

- Set up a mosquito net in your classroom. The directions are included with the mosquito net.
- The mosquito net should be hung up in the classroom and left up for the remainder of the curriculum for all students to see.
- If space is limited, find another place in the school, or outside, to hang the mosquito net where students can practice taking turns setting up a mosquito net.
- Write the three facts about mosquito nets on the board.

Instructional Procedures

As part of this exercise, have students share how many of them used a mosquito net the night before.

Then tell the class they will review the three facts about mosquito nets. Ask students to write down the facts. Once they have written down the facts, ask for volunteers to read each fact. For additional information on these facts, see page 19 in the Appendix.

1. Mosquito nets at night really do work and can prevent malaria.
2. All people need to sleep under a mosquito net every night of the year, not just kids or pregnant women. Mosquito nets need to be used all year round, even when there are not many mosquitoes.
3. Mosquito nets can save your life, your goals and dreams begin under a mosquito net.

At the end of the review lesson, the teacher or student volunteers can show the class how to hang a mosquito net.

Select one student volunteer that has a net at home to show the class how to set up a net. Ask for 2-3 more volunteers (students with nets at home) to help teach their classmates how to set-up a net.

Discuss the importance of having the net set-up each night before 9 P.M. and for all their family members, especially younger siblings and pregnant mothers, to sleep under the net.

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When students demonstrate they are confident about setting up a mosquito net, check to see if there are any questions.

Inform students that this is the final lesson in this curriculum and that there will be a test about the facts.

Home Connection

Encourage students to study the 9 Basic Facts about malaria and Mosquito Nets for the test to practice setting up nets at home. Have students make sure their nets do not have any holes and are properly hung at home. Remind them to share the new information they have learned with their family and friends.

Tips for Teachers

If there is no board available in the classroom to write down the facts, during the lesson:

1. Read the facts out loud,
2. Ask students to write down the facts,
3. Ask the entire class, or selected students, to repeat each fact out loud.

By having students write the facts down, it will help reinforce the learning and they will have a copy of the facts to study at home and share with their family and friends.

Students should understand that they can and should be part of the solution to eliminate malaria. If they work hard in the next few years to help eliminate malaria, their children will not have to live with it. This will improve the lives of their family, community and country.

Make sure to reinforce the facts to dispel any rumors or mistruths about malaria.

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Day 5 Test

Lesson Objectives

Test students to ensure that they know the 9 Basic Facts about Malaria and Mosquito Nets.

Teacher Preparation

Give each student a printed test that is located on page 22 of the Appendix. If there are no printed tests available for the class, the questions can be written on a board for students to then mark their answer on a separate piece of paper.

Instructional Procedures

- Tell the class they will be given a test on the 9 basic Facts about Malaria and Mosquito Nets.
- Pass out a photocopy of the test to each student it is located on page 22 of the Appendix.
- Once students are done with their test, they should hand it back to the teacher.
- The tests will then be graded by the teacher.
- In order to pass the test, students must get all answers correct.
- The teachers must help the students who do not pass and have the students study and re-take the test the next day, and so on, until everyone passes.
- Once students pass the test, they can take the test home, which has a Certificate of Achievement on the back that will be signed by the student and teacher.
- The certificate is a way to recognize the student's hard work and understanding of the Basic Facts about Malaria and Mosquito Nets. On the certificate is a place for the student to sign under "I promise to do my best to keep myself and my dreams alive and sleep under a mosquito net every night and help others do the same."
- The test should be brought home after class for their parent or guardian to sign as a way to encourage them to share with their families what they have learned in class.
- In order to reinforce learning, students should be tested throughout the school year as a reminder of the 9 Basic Facts about Malaria and Mosquito Nets. If you cannot photocopy the test, teachers may write the questions on the board for the class to write down on a piece of paper.

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Home Connection

Encourage students to bring their test home to share with their families what they learned.

A parent or guardian should sign the certificate on the back of the test to show that they read the materials.

Tips for Teachers

If there is no board available in the classroom to write down the test questions, during the test:

1. Read the test questions out loud,
2. Ask students to write down their answers,
3. Ask the entire class to hand in their answers at the end of taking the test for the teacher to grade.

The test should be given at least 5 days after the start of the program. It is recommended to give the test after the start of the program. It is recommended to give the test after a weekend in order to ensure that students are remembering the lessons learned at school as well as home.

It is important that every student passes the test. The tests will then be graded by the teacher. In order to pass the test, a student must get all answers correct.

For students who do not pass the test on the first try, teachers should encourage them to study and give those students the test again the next day, and so on, until everyone passes and has a certificate.

For those who do not pass, it is important for the teacher to discuss the facts and identify where they are having trouble and help them to study and to be comfortable to take the test again.

All students should feel like “winners,” and “proud” even those who did not pass on the first try. Therefore, it is important for the teacher to be encouraging and include all students in the ongoing activities even if they did not pass (but have students continue to take the test in the meantime).

It is most important to remember by helping each other, together we can end malaria.

Remind students before taking the test that they should read all possible answers first and then select the best answer.

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Day 6 Dream Keeper Activity

Activity Objective

Students will make and display “dream banners” with images and a list of dreams and goals each student hopes to accomplish in their lives. Banners will be kept at home as a reminder to sleep under their net every night; stay healthy and achieve their dreams and goals.

Teacher Preparation

- Gather Dream Keeper materials and give to students in classroom (banners/paper/poster board, markers, etc.)
- All Dream Keeper materials should be kept in a safe and secure place so it may be used again throughout the year.

Instructional Procedures

Teachers announces to the class that it is now “NightWatch Time” Students will participate in a fun activity called Dream Keeper to create a banner that includes dreams and goals they want to accomplish in life. Ask students to do the following:

1. Think of 3 dreams or goals that you would like to accomplish in your life...It may be something for you, your friends or your family. It may be something for you in next few years or an idea for your future education or job.
2. Write your dreams and goals on the provided “dream banner.” Once you have written down your goals and dreams, you can decorate or draw pictures of your dreams on their banner. Then place your banner inside the mosquito net in the classroom for the rest of the week.
3. At the end of the week you can take your “dream banner” home to place in your own mosquito net. Every night and every morning look at your dreams and goals and think about what you need to do to accomplish them. This includes getting a good night sleep under your net every night, staying healthy and continuing your education.

Home Connection

Encourage students to look at their banner and think about their dreams and goals every night and morning to help them create ways to achieve these dreams and goals. Remind students to share the new information they have learned with family and friends at home.

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Tips for Teachers

The goal of this activity is for students to understand that by keeping themselves safe under their net, students are keeping their dreams and goals safe and alive too. When students write down their goals and dreams, the act of writing helps ground the dreams in reality!

Encourage students to take some time to really think about their dreams and goals and to come up with their own messages and ideas. This might mean closing their eyes and being silent for a several minutes so they can visualize their dreams.

The “dream banners” can include motivational phrases like: I promise to keep my dreams alive, NightWatch, sweet dreams or names of careers they admire such as scientist, explorer, doctor, teacher, etc.

One suggested way to have students hang up their “Dream Banners” in the classroom is to have them:

- Go up one at a time and stand under the mosquito net.
- While under the mosquito net, the student can then hang their “Dream Banner” and share out loud with the class their dream and goals.
- Once the student has shared what was written on his or her banner, the teacher then says “Sweet Dreams” to the student.
- The student then comes out from behind the mosquito net to return to his/her desk.
- This can be repeated for each student in the classroom until all the “Dream Banners” are hung inside the net.

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Activities Ongoing Night Watch Activities

Ongoing NightWatch Activities

Teachers should encourage their students to continue NightWatch activities throughout the school year as a way to share information with other students, their family and the community, Depending on the resources and space available at your school, these activities can include students forming an after-school program, Club NightWatch, where they participate in art, music, drama and the exchange of ideas with their friends at school or in the community.

The following ideas are recommended student activities to reinforce the curriculum:

Club NightWatch

Encourage students to create Club NightWatch, a place to come together to have fun, participate in activities, and share the important facts about malaria and mosquito nets with other students, family and friends.

Music

Encourage students to create a NightWatch song and practice and perform it for their school, family and community.

Drama

Encourage students to create and perform a NighWatch short play and perform it for their school, family and community.

Art

Encourage students to create a “promise Banner” that all members in the club can sign that shows they promise to sleep under a mosquito net every night. Students can share their art with their school, family and community.

Sport

Encourage students to create special NightWatch seating under mosquito nets at soccer games, etc. This will help create awareness and pride of using a net every night.

NightWatcher

Choose a volunteer to be a “NightWatcher” each day before class when taking attendance. The NightWatcher will be responsible for asking classmates if they remembered to sleep under their mosquito net the night before. A NightWatcher can be chosen each week by either the principal or teacher. Each school morning, either the school bell, a drum beat, or a ringtone can be heard 9 times at 9 P.M.

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Tips for Teachers

The principal and teachers can help teach why nighttime is so important, keeping in mind that the Anopheles mosquito strikes primarily at night.

Encourage students to:

- Ask the question every night: Are you and your family safe under mosquito nets tonight?
- Take responsibility and help make sure mosquito nets are up for everyone, every night.
- Help everyone understand the 9 Basic Facts about Malaria and Mosquito Nets.
- Make sure there are no mosquitoes under their net and that no mosquito can get inside the net.

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Appendix Additional Information

6 Facts about Malaria

1. Malaria is a preventable life-threatening disease that can kill you and your dreams.
2. Malaria is transmitted only by a special kind of mosquito – called the Anopheles mosquito – which primarily bites at night.
3. Malaria symptoms are fever, chills, headache, vomiting and other flu like symptoms. If you think you or someone in your family might have malaria, visit a health clinic immediately.

Additional Information: The first symptoms of malaria appear 9-14 days after the infectious mosquito bite.

4. Malaria should be treated immediately. If you think you or someone in your family might have malaria, visit a health clinic as soon as possible. They have a test to tell you if you have malaria.

Additional Information: Health clinics have the tests and drugs that allow for faster recovery and to ensure that the disease does not worsen. Everyone should continue to sleep under mosquito nets so that mosquitoes don't transmit malaria from one infected person to another. Many children who survive an episode of severe malaria may suffer from learning disabilities or from brain damage. Pregnant women and their babies are particularly vulnerable to malaria, which is a major cause of low birth weight, maternal anemia, and infant mortality. It is important to take all prescription drugs, even after the symptoms have disappeared. If all drugs are not taken, malaria does not completely disappear and may return.

5. Malaria has been eliminated in much of the world, throughout the use of insecticides, medicine and by sleeping under mosquito nets.

Additional Information: Protecting one's self and one's children also protects neighbor and communities.

6. Malaria is preventable and curable. You have the power to end malaria deaths in your community, in your country and throughout Africa.

Additional Information: Nine out of every ten malaria deaths in the world happen in Africa. Ten African countries have already reduced malaria deaths by half since 2000. Malaria can be eliminated forever in the next few years if mosquito nets are used by everyone every night.

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3 Facts about Mosquito Nets

1. Mosquito nets at night really do work and can prevent malaria.

Additional Information: ITNS stop mosquitoes from biting and spreading malaria from one infected person to another. The Anopheles mosquito bites from dusk to dawn, so you should sleep under your mosquito net every night and sleep peacefully. Make sure your net is always closed and that it has no holes.

2. All people need to sleep under a mosquito net every night of the year, not just kids or pregnant women. Mosquito nets need to be used all year round, even when there are not many mosquitoes.

Additional Information: Anyone can get malaria, so bed nets are for everyone.

3. Mosquito nets can save your life, your goals and dreams begin under a mosquito net.

Additional Information: Malaria can undo all your hard work and education and cause you to miss out on opportunities for life. You can protect your hopes and dreams for your future and the future of your country by sleeping under a mosquito net every night especially at night.

Other Malaria Prevention Techniques

Other key interventions to control malaria along with sleeping under a mosquito net every nightly, include:

- Getting prompt and effective treatment with artemisinin-based combination therapies
- Indoor residual spraying
- Wearing protective clothing, such as long sleeves and long pants and avoiding dark colors, which attract mosquitoes
- Applying mosquito repellents containing DEET (or dimethyl phthalate) to exposed skin
- Screening all windows and doors in the house, or at least in rooms where people sleep
- Eliminating places where mosquitoes can lay eggs by filtering and draining areas with standing water

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NightWatch Game

The following is a suggested NightWatch game to share with students.

Object of the Game

Have students answer all 9 questions from the test with the goal of “getting to the mosquito net.”

Set Up

9 students, referred to as the Night Watchmen, are given a copy of one question from the test (with the answer). The Night Watchmen then spread out throughout the classroom with a mosquito net close by.

Play

The rest of the students start in a single queue in groups.

The first student in the queue goes up to the first Watchman.

The Watchman reads the question out loud, and the first student must whisper the answer.

If the student answers correctly, the student advances to the next Watchman and continues playing until they reach the mosquito net.

If the student does not know the answer correctly, the Watchman whispers to her/him the right answer, and then the student goes to the end of the queue to play again.

Goal

Once the students reach the mosquito net, they are safe. The game is only won once everyone in the group reaches the mosquito net. It is good to help those students who may not understand the facts so that everyone can win. This game can be played many times throughout the school year.

Options

Once a student reaches the mosquito net during the game, they can hang their “Dream Banner” and say the following “I promise to do my best to keep myself and my dreams alive and sleep under a mosquito net every night and help others do the same.”

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Mosquito Net Usage

The Supplies that the teacher will need to have includes the following:

1. A detailed manual for teachers, including:
 - Essential malaria facts
 - Teacher instructions
 - Suggestions of themes
 - Tests for students
2. A mosquito net
3. String
4. Scissors
5. Mosquito net usage questions and return envelopes
6. Photocopies of the test and the Certificates of Achievement for their students
7. Paper or poster board for “Dream Banners”
8. Colored markers or pencils or crayons
9. Paper clips or string (with Scissors) to hang the “Dream Banners” on the mosquito net

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Test for Basic Facts about Malaria and Mosquito Nets

Please take the time to read all possible answers first and then select the best answer!

1. What is malaria?

- A. Malaria is just a fever that will go away.
- B. Malaria is a disease that only affects babies and pregnant mothers.
- C. Malaria is a life-threatening disease that can kill you and your dreams.
- D. All of the above.

2. How is malaria transmitted?

- A. Carried by Anopheles mosquito that bites primarily at night.
- B. Through the weather change during the rainy season.
- C. Through a mysterious kind of sorcery.
- D. All of the above.

3. What are the early symptoms of malaria?

- A. Fever.
- B. Vomiting.
- C. Headache.
- D. All of the above.

4. What should you do at the first sign of a fever?

- A. Go immediately to a health center to get tested for malaria, follow their directions.
- B. Wait to see if the fever gets worse.
- C. Get plenty of sleep.
- D. All of the above.

5. How have other countries effectively eliminated malaria?

- A. Sleeping under a mosquito net every night.
- B. The use of mosquito insecticide.
- C. The use of proper medicine.

D. All of the above.

6. True or False. Malaria is preventable and curable.

_____ True!
_____ False!

7. Can mosquito nets really work in preventing malaria?

- A. Yes, the insecticide – treated mosquito net kills mosquito on contact.
- B. Yes, they keep you safe for a good night's sleep especially when the Anopheles mosquito bites primarily at night.
- C. Yes, they prevent the Anopheles mosquito from being able to transfer malaria from one malaria infected person to another.
- D. All of the above.

8. Who should sleep under a mosquito net every night?

- A. Everyone.
- B. Only adult males.
- C. Only pregnant women and children under 5.
- D. None of the above.

9. True or False. To prevent malaria for you, your family and your community... you should sleep under a mosquito net every night.

_____ True!
_____ False!

Certificate of Achievement

“I promise to do my best to keep myself and my dreams alive and sleep under a mosquito net every night and help others do the same.”

Student's Signature

Teacher's Signature

Guardian's Signature