

W4.1 NATURAL FIRST AID KIT FOR HOLIDAY

Q1: What kind of health problems do you expect on holiday?

Find at least five health problems that can occur on summer or winter holiday.

SUMMER:

WINTER:



Q2: What kinds of medicines / treatments might you need?

For each of the health problems identified, list the medicines or treatments you would usually use.

Q3: How would nature heal?

Keep in mind you stay in nature, with a very limited capacity to buy anything. Now, choose a few of the health problems on your list, and make questions using the pattern *How does nature...?*

HEALTH ISSUE	ASK NATURE
<i>cuts</i>	→ <i>How does nature stop bleeding?</i>
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Q4: Choose three health issues, and make your own research; how does nature solve the problems?

Discuss them in groups.

You can search online, key words: anti-bacterial plants (lavender, sage, thyme), antiseptics for skin (calendula), pain killers (willow's bark), sealing and disinfection of wounds (sap from fir tree), digestion aid (clay).

Q5: Concentrate on one health issue, and prepare your presentations

Each presentation should cover:

1. The health issues you chose.
2. How this health issue is dealt with in the natural world. Try to research at least 2-3 examples of how nature manages this health issue (this can also include how the human body copes with these issues).
3. Recommendations to better address these health issues based on your research about how nature manages them.

Choose a visual technique (a poster, presentation or something else), and present your findings about how nature treats your chosen health issue, and how nature can teach us to treat our health issues.