



**LEARNING EXERCISES  
FOR HEALTH TRAINING**



**LEARNING EXERCISES  
FOR HEALTH TRAINING**

**A. C. Lynn Zelmer, Editor**  
International Communications Institute

**Contributing Editors**

**Dr. Ruth Harnar, Christian Medical Commission**  
**Dr. Amy E. Zelmer, University of Alberta**

**Special Contributors**

The training staff and friends of the  
**Voluntary Health Association of India**

**Henry Codjoe (Ghana),**  
**John Inegbedion (Nigeria),**  
**Vijaya Krishnan (India),**  
**Mpho Marisane (Lesotho),**  
**Marian Mucha (Malaysia),**  
**Lynn Skillen (Guatemala/Colombia), and**  
**Tamrat Tekle (Ethiopia),**  
all from the International Students Centre,  
The University of Alberta.

**John Roughan and friends in the Solomon Islands**

*See 1990 for Electronic Version*



**TALC: Teaching Aids at Low Cost**  
P.O. 49, St Albans, Herts  
AL1 4AX, United Kingdom

Dedicated to the memory of

Sister Anne Cummins

Who encouraged the making of *Govind*  
and created the *Village of Jo-bhi-ho*;  
Who inspired the rest of us as we experimented  
with new kinds of teaching,  
with her obvious enjoyment and search for meaning;  
Who loved the poor - the **People** whom  
we want to reach and work with.

Copyright © 1986, International Communications Institute, Box 8268, Station F., EDMONTON, AB T6H 4P1, CANADA.

First English Edition. All rights reserved. No part of this Manual may be reprinted, or reproduced, or utilized in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including photocopying and recording, without permission in writing from the copyright holders.

Please note that this copyright notice applies to any country and language regardless of intended usage.

Permission is hereby freely given to Health Training Institutions in developing countries for non-commercial use of those materials that are original to this Manual. The editors would appreciate receiving a copy of any publications that contain these materials for their library.

Permission to reproduce materials obtained from copyrighted sources (listed below) must be obtained from the specific author or publisher noted.

#### Acknowledgements

Our thanks to Wickrama of Sri Lanka for the use of three of his illustrations; and Woizero Menbera of Ethiopia along with several unknown photographers for the photographic originals used in the preparation of the illustrations.

We are grateful to the following authors and publishers for permission to reprint modifications of copyright materials:

Oxford University Press Canada for the exercise *Nutrition Game*, from *Nutrition in Developing Countries* by Dr. Maurice King.

Hospital Research and Educational Trust for the exercises *Test Your Concentration*, *Grapevine* or *Rumor Chain* and *Assembling a Puzzle*, from *Training and Continuing Education: A Handbook for Health Care Institutions*.

The exercise *Young Woman/Old Woman: A Perception Experiment* by William R. Mulford. Reprinted from: J. William Pfeiffer and John E. Jones, (Eds.), *The 1978 Annual Handbook for Group Facilitators*, San Diego, CA.: University Associates, Inc., 1978. Used with permission.

The exercise *Rumor Clinic: A Communications Experiment*. Reprinted from: J. William Pfeiffer and John E. Jones, (Eds.), *A Handbook of Structured Experiences for Human Relations Training*, Vol. II, San Diego, CA: University Associates, Inc., 1974. Used with permission.

John Roughan and the Solomon Islands Development Trust for the exercises *Development Wheel* and *VQLI*.

Dr. Amy E. Zelmer for the exercise *Nursing Bingo*.