

Session 1 – Letters from Planet Z

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Setting the context

Content to set the narrative

The following text is to give you an idea and is not meant to be read out loud while looking at this sheet. It will be more impactful if you share this/your version with the attendees in your own style.

Hello agents,

You have been chosen for a very important task! One of the planets in our Universe is under threat, and they need help from us. We have chosen you as the people who will go there and save them!

So congratulations on making it to the first step. Confused? Let me share more.

Planet Z (*read Zee*) is a planet far away from our solar system, but it is exactly the same as ours! Its location has been a secret; only a few people know about it. The aliens that inhabit it are exactly the same as us. Their food, languages, and living beings are so similar that it is almost like a duplicate world! Today, it is under a major health threat.

Our academy - the Superagents Training Academy, was recently contacted by them, and we were asked for help.

And that's why we need you. But why?



Let me first introduce myself. My name is Super Agent [Your name], and I run this training academy. I will be your trainer for the next three (*or four*) days, and together we will build an army of superheroes and heroines that can save Planet Z. Or, maybe, do something bigger, but let's keep that a secret for now. Think of us being a group like the Avengers, the Eternals, or the Brahmānsh army!

So why are you here? Why this training?

Well, in this training, we will try to understand who is the villain that is causing harm on Planet Z, from where did it come, why are the aliens there unable to fight it, and how we can help!

Please look at the map provided to you. It shows different milestones you need to achieve. As you succeed, you equip yourselves with the skills required to fight the threat on planet Z. After completing each part of the training, you will earn an honour symbol. This is an award that you add to your honour badge. Something like you see on uninformed people. Right now, you are agents. After successfully completing the full training - you will be promoted to superheroes & heroines.

There is an honour badge in your pack. Please write your name (Agent *First name*) on it and pin it to your dress. Leave the lower one-third empty to pin the honour symbols. Please carry this badge with you on all days of the workshop.

So what's wrong with planet Z? Well, some biological agent is causing harm, people are sick and dying, and all previous techniques to fight infections and diseases are failing. Before I discuss this further, let's read some letters we received from them through our friends in the Cosmo Post - a postal service that works across galaxies.

After selecting who will read the letters and handing them over



Agents, please take notes about whatever information you can gather from these. We might get some crucial clues from there! Let's start our first task and understand what's happening on Planet Z!

This is followed by the reading of the letters and a discussion



Ground Rules

Some suggestive ground rules I usually follow. Feel free to add/change according to your preferences.

This academy has certain ground rules that we need to follow:

1. Questions are important, and no question is silly. Please ask every question you have! We will have a designated time for them. However, if you are unable to ask them between activities, please write them down and reach out to me after the activity or at the end of the day.
2. No judgments. Let's keep this a safe place for everyone to share their thoughts. We will not laugh or make fun of any suggestion, idea or question anyone puts up. Please maintain a level of respect.
3. We want you to have a lot of fun. However, we request you to follow the instructions in the activity as well.
4. We want to hear from all of you. This will only be possible if you raise your hand when you want to share something. Please only start speaking once you have been addressed and acknowledged. We do not want to miss what you share!
5. If you feel shy to speak in front of everyone, you can write your ideas and share them with me, or call me by your desk and then talk to me. But do try to contribute!
6. If anyone is performing, please do listen to them. You don't want to miss some crucial clues that can help you achieve the next level.

Apart from the above, designate an action, like a clapping ritual or something in response to some particular action you do. Whenever you do that specific action, anytime during the activity, they have to respond in a decided manner. These help children calm down and bring them back to focus on the topic when they are distracted. For example, "Whenever I clap thrice in this rhythm, you all have to clap back in (specify a rhythm) this rhythm. I can do this anytime between the session, so keep your eyes and ears open!"



Agent code:
(see your trail map):

Stream:
(Maths, Bio, Bio+Maths, Humanities, Commerce)

Age:

Your name is not needed as we want to keep it anonymous. Your answers are not meant to judge your existing knowledge but to help us build better learning tools for people of your age!

- When you have an infection, cold, stomach ache, or have a high fever for more than 2-3 days and need medicine, who do you/your family go to first? (Here doctor includes the family doctor)
 - ☐ Doctor
 - ☐ Chemist
 - ☐ Sometimes chemist, sometimes doctor
 - ☐ A family/friend who had the same illness

- What do you think antibiotic resistance means?
 - ☐ Our body is becoming resistant to the antibiotic medicine
 - ☐ The bacteria are becoming resistant to the medicine
 - ☐ The antibiotic is resistant to the bacteria
 - ☐ I am not sure



- Have you ever had to take an antibiotic?
 - ☐ Yes
 - ☐ No
 - ☐ I don't know
- If yes, did you know why it was prescribed to you at that time?
(Skip if your answer was No/I don't know in the previous question)
 - ☐ Yes, I knew the disease and the reason
 - ☐ I took it because I was ill and knew no further details
- Bacteria are always harmful to us.
 - ☐ True
 - ☐ False
- If your answer above is 'False', can you name any bacteria that do not harm us? Or the benefit it provides? If you think bacteria are always harmful to humans, skip this question.
- Name a disease caused by bacteria:
- What is your role in your family's physical well-being?
 - ☐ I try to learn new things about healthcare that can be helpful for me & my family
 - ☐ If someone at home is sick, I try to understand the cause of the sickness
 - ☐ If someone at home is taking any treatment, I try to understand the reason why they are taking that treatment
 - ☐ I don't get involved much; the adults of the family/other family members are involved
 - ☐ I only help with buying medicines or taking someone to the doctor, nothing else



- Would you like to be more involved in taking care of your family's health?

- ☐ Yes, maybe a little more
- ☐ No, I think I am doing enough for now
- ☐ I am not sure

- On a scale of 0-5, how much does your being informed/educated on a topic of health matter to your community's physical well-being (good physical health)? Here 5 stands for - 'Matters a lot' and 0 stands for - 'Doesn't matter at all'

0 1 2 3 4 5

- Who/what is most helpful to learn about any infection/disease?

- ☐ Google baba, of course!
- ☐ A doctor
- ☐ My friends
- ☐ News
- ☐ WhatsApp
- ☐ My teachers
- ☐ Books
- ☐ Other (state who/what)_____



- State one habit that can reduce your chances of catching an infection.

- What are you hoping to gain from the workshop?

Mention topics you are expecting to learn about:

Mention the SKILLS that you are hoping to develop:

- How confident do you feel participating in a play (be it writing, performing or directing)?
Here 0 being 'Not confident at all' and 5 being 'Very confident'

0

1

2

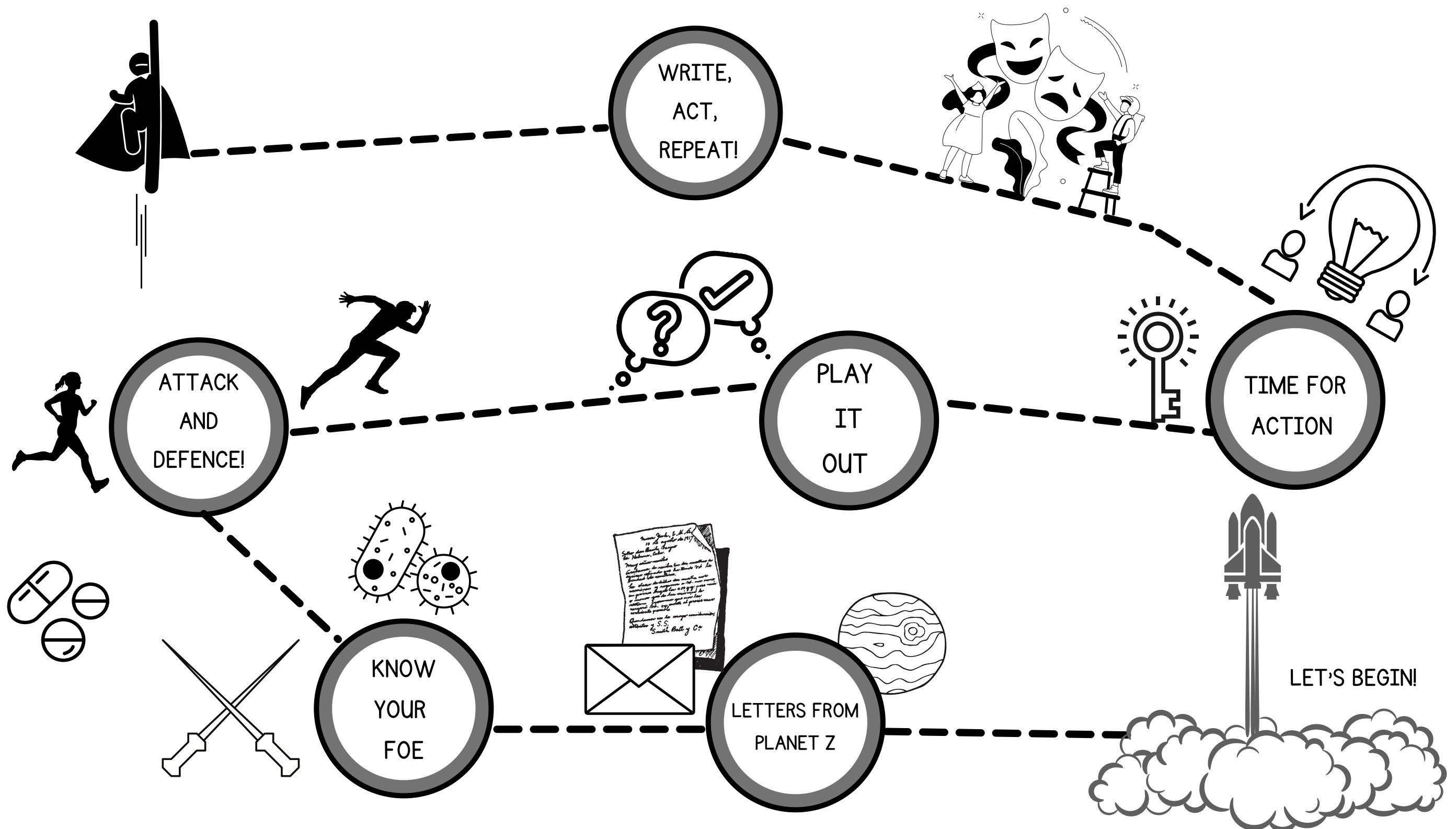
3

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5

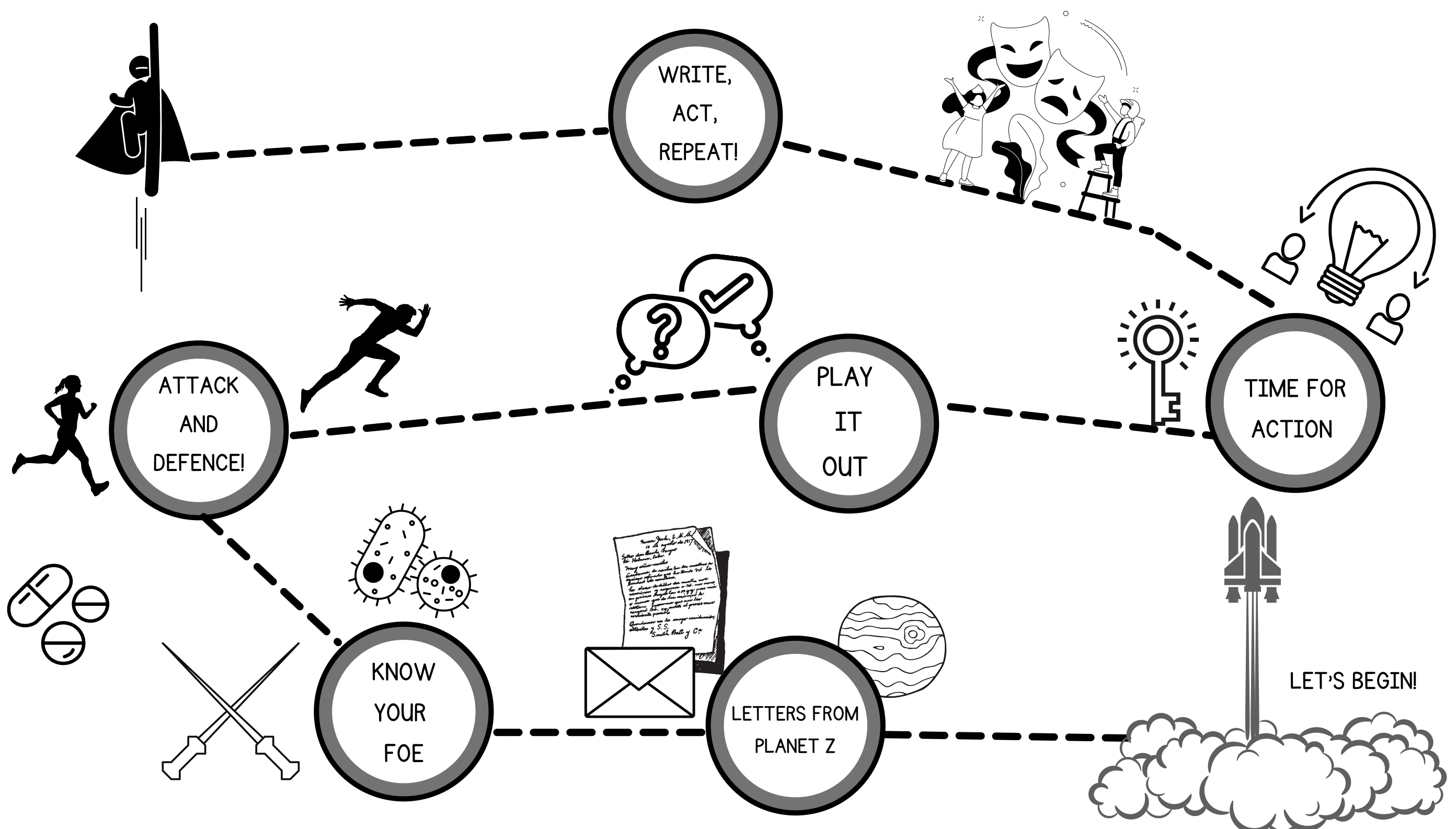
THE KNOWLEDGE TRAIL

Ahoy agents! Welcome to the training academy to save planet Z. Hey, is this actually about something bigger? Something closer to us? We will know as the training proceeds!



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Letters for Session 1

The letters will be read in the specified order.

Letter 1:

Dear Earthling,

My name is Faby. I am a 17-year-old living on Planet Z. My mother is very ill. Sometime back, she was diagnosed with a respiratory infection. The doctors have tried some medicines, they call them antibiotics, but none have worked successfully so far. They are trying some last-resort medicines now. They are super-expensive. She has been in the hospital for a very long time now, suffering, coughing, and I am unable to help her. This is not just me. Recently many people in my town have been ill with similar symptoms. The medicines don't work for them as well. I think the monster everyone is talking about - the superbug - is behind this.

Please help us! I want my mother to be healthy again. I want to hug her and eat from her hands. I want her to smile again.

Time is running out. Will she survive?

- Faby



Letter 2:

Hello,

This is Dr Khoj, a scientist working on microorganisms. I have found something peculiar about the superbugs attacking people on our planet. They are just like bacteria found in our atmosphere - the same found on earth as well. However, these bacteria are stronger in some ways. Many of the medicines we had made to fight bacteria - the antibiotics, no longer work! The superbugs are becoming stronger day by day. In science, we expect that to happen, but at this rate! NO!

I am surprised. We need to quickly find the reason and also understand these superbugs better. Eagerly waiting for your team to come and help me!

- Dr Khoj

Letter 3:

Dear Humans,

My name is Roshini. I am a doctor at Heal All Hospital on planet Z. In recent months, there have been many patients in our hospital whom we are either unable to save or the treatment is taking a much longer time and is requiring very expensive treatment. Most of these are bacterial infections. Many of the antibiotics are not working on them. The hospital had a meeting with the scientists, requesting them to develop new medicines, that are effective and also affordable. They said that there seems to be some funding issue, so research on new medicine is also a challenge. I felt bad for them, but also concerned about healthcare. My patients are suffering, and we need your help!

- Dr Roshini



Letter 4:

Hullo there,

My name is Farmie. I rear animals for meat and eggs. From pigs to cows and chickens! All varieties. I am the owner of the biggest animal husbandry farm on the planet! My animals are very healthy and big, and you will not be disappointed with the meat. However, local scientists have been accusing me of my rearing practices. They say these practices are helping make superbugs or something! How could they?! I mean, what did my people or I do?

I came to know your planet is helping us fight the superbugs. Please resolve the mystery for me and get my back off these scientists! I will give you a discount if you come to my farm!

- Farmie

Letter 5:

Hello,

I am writing this lying on the bed in a hospital. It has gotten very gloomy here. Surgeries, even those needed for a hip replacement, have become super risky! After all, infections are now hard to cure! It's sad. I myself have some infection I am unable to overcome easily. All my life's savings have been used. Superbugs are making our lives miserable. Please help us soon!

- Nori

Hello



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COSMO POST

FAST DELIVERY
ACROSS PLANETS

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Please help us! I want my mother to be healthy again. I want to hug her and eat from her hands. I want her to smile again. Time is running out. Will she survive?

-Faby



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