

ONE HEALTH



One Health Mobiles & Coloring Activity

Here is a chance to make a fun mobile to hang! One Health is the idea that the health of people, plants, and animals is all connected and that by working together we can help solve complex health-related problems. In this activity you will be using string to make the connections between people, plants, and animals to an environment of your choice.

Materials

- Scissors (be sure to have an adult help you with this)
- Hole punch
- String
- Markers, crayons, or colored pencils

Making the Top Part of the Mobile

1. Choose between a river, city, or sandhills environment. Then cut out your chosen environment to use for the top section of your mobile.
2. Use the hole punch to punch out the two black circles at the top of your environment. These holes will make it so you can hang your mobile and attach images below.
3. Cut a long string to use to hang your mobile.
4. Thread the string through the top two holes of your environment and tie a knot.

Making One Health Connections to the Mobile

5. Using the hole punch, punch out the five black circles at the bottom section of your chosen environment.
6. Using scissors, cut along the dotted line of all images that you would like to attach to your mobile. Then use the hole punch out the black circle at the top of each image.
7. Cut one small to medium length piece of string per image.
8. Attach the string to each image by tying a knot through the top holes.
9. Tie five of the images to the bottom of the chosen environment.
10. For the remaining images, punch an additional hole in the images that are already tied to the mobile. The remaining images can be tied to the bottom of the images attached to the environment.
11. Last, color your images and environment and hang in a place of your choice!

Things to Talk and Think About While Making the Mobile

- What kind of animals and plants live near your home?
- How do you share space with animals or other things in the environment around your home?
- How is this person, plant, or animal connected to the river?
- Do you think this person, plant, or animal might share this space with the other things tied to the mobile?

For example, let's say you chose a fox, cow, deer, frog, children playing with a dog, and corn to hang on the river mobile. The fox and cow are connected to the river, because they rely on water for drinking. The deer also relies on the water for drinking and lives in the same environment that is shared by other wildlife. People and pets might come into contact with livestock, like cattle, if they live on a farm or if they attend county fairs. Frogs live in and around water areas. Corn relies on water to grow and cranes eat the corn. In this example, we can see that the river is connected to everything. It is important to keep the water in our rivers clean in order to keep wildlife, livestock, pets, plants, and people healthy.

More resources and activities are available at NebraskaOneHealth.unl.edu.



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