

New Life Skills

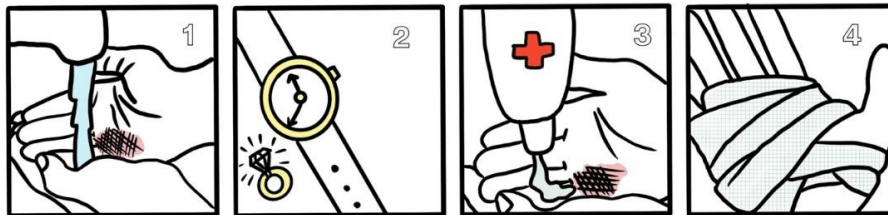
An activity of "Kutupalong Photo Spread"

Many Rohingya refugees pick up necessary life skills to help them in their daily living. The following are life skills which you too, may find useful.

1. **LEARN** one of these three life skills.

a) **How to treat a minor wound or scald.**

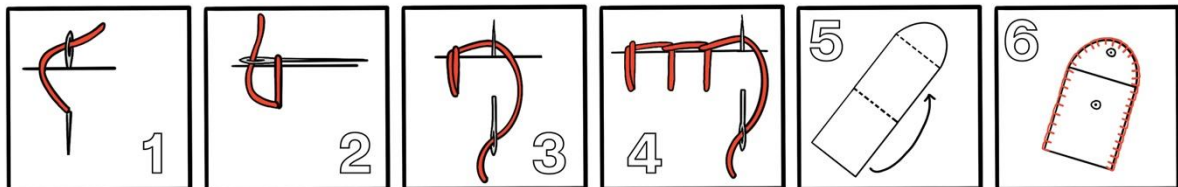
Role-play the following steps with an adult or older sibling at home.



Before proceeding, make sure it is a minor burn. A minor burn may have: (i) some redness similar to a sunburn (ii) pain (iii) blisters (iv) an area no larger than your hand. Anything more serious may be a major burn that requires emergency help.

- 1) Gently and quickly remove rings, watches, or other items (if any) from the burned area.
- 2) Cool the burn under cool (not cold) water or with a cool wet towel until the pain eases.
- 3) Protect the burn by lightly wrapping with a sterile non-stick gauze. Do not use cotton wool or anything that sheds fibres. Change the dressing daily.

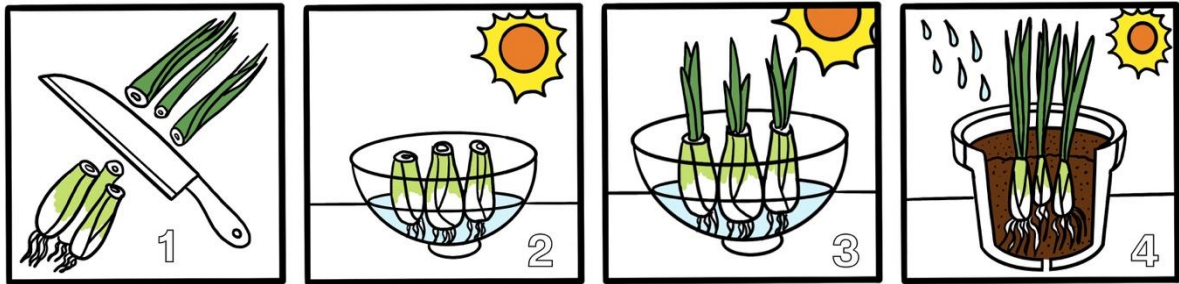
b) **How to make a simple pouch using the Blanket Stitch.**



- 1) Bring your needle up from the back 3mm from the edge. Bring your needle around the edge and back through from the back at the same spot where you started. This creates a loop around the edge and anchors your stitch.
- 2) Bring your needle through the loop you just made, sideways at the edge of the fabric.
- 3) Insert your needle 3mm from the edge and 3mm from your starter stitch. Bring your needle around to the front, around the edge and through the loop.
- 4) Pull the stitch tight and repeat for more blanket stitches.
- 5) Using felt or old clothes, cut out the pattern as shown. Fold along the lower dotted lines.
- 6) Using the Blanket Stitch, sew around the edges as shown. You can glue on some snap buttons or decorative beads to complete your pouch.

You can also watch <https://www.youtube.com/watch?v=S9zegUYdPmg> for a demonstration of the blanket stitch.

c) How to grow vegetables in a container using vegetable scraps.



Some vegetable scraps you can use are spring onions, celery, bok choy, and wong bok.

- 1) Collect discarded root ends. (You may need an adult to help slice them.)
- 2) Submerge the roots in a shallow container of water, leaving the tops above the water line. Place in a sunny spot and change the water daily.
- 3) In 3 to 5 days, growth begins. Harvest when the vegetable is fully grown or reaches your desired height.
- 4) You may also choose to let the vegetable grow further in a pot of soil. Remember to water the plant every few days.

2. **REFLECT** on your experience of learning.

a) Did you succeed in picking up the skill? Describe your experience.

b) What were some challenges you faced? List them below.

c) How did you feel about learning this new skill? Why?