

# Promoting foot health prevention in children

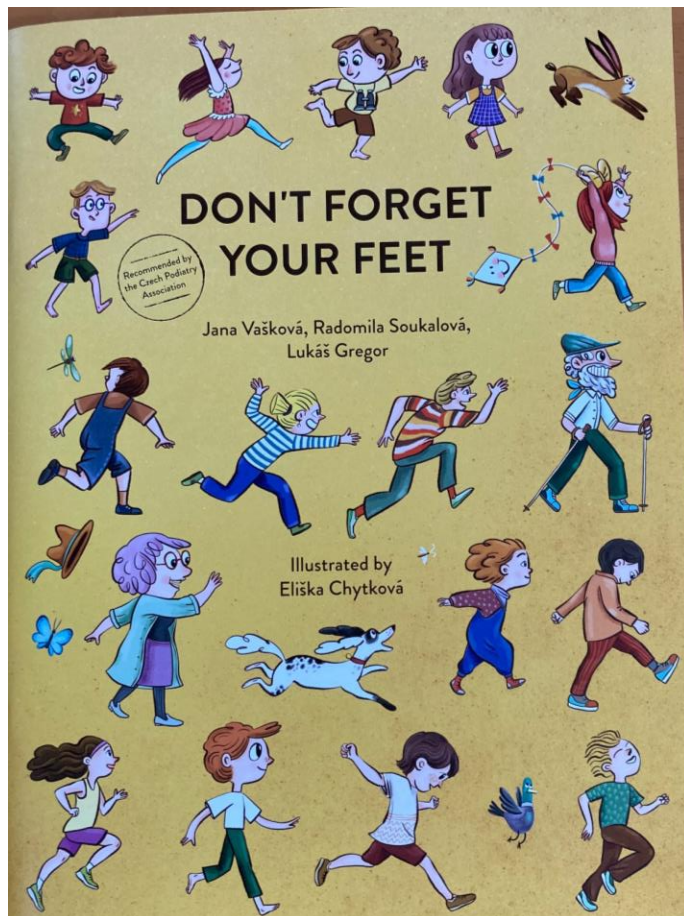
**An educational fairy tale with elements of podiatry**

**„DON'T FORGET YOUR FEET“**

**An educational game package with elements of podiatry**

Radomila SOUKALOVÁ and Dagmar WEBEROVÁ

# Book „DON'T FORGET YOUR FEET“



# Objectives and outputs of the project

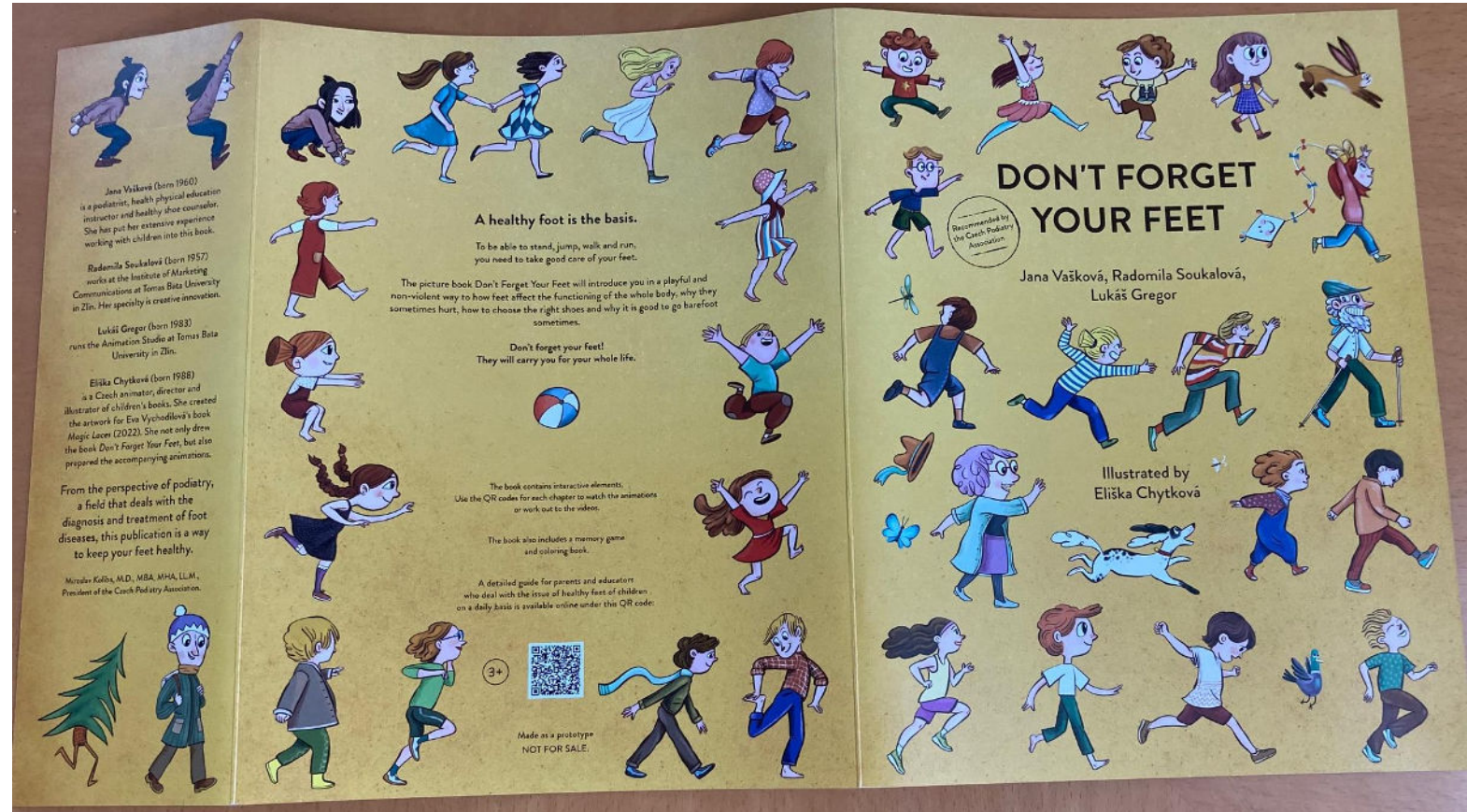
- **To teach children, in a playful and creative form of friendly education,** how to properly use their feet and how to care for them, with the aim of preventing foot defects

## Outputs:

- **A printed interactive book** - creative processing of stories for children in ten topics, one topic per one double-page of the book with a brief text and illustrations, **an interactive element** – illustration - QR code with exercise animation
- **Methodology for teaching staff and parents, grandparents and others** (clarifies the theory and provides instructions for carrying out individual tasks and exercises with children, available under the QR code)
- a memory game and coloring books
- video exercises – available under a QR code, see the last page

# Target groups

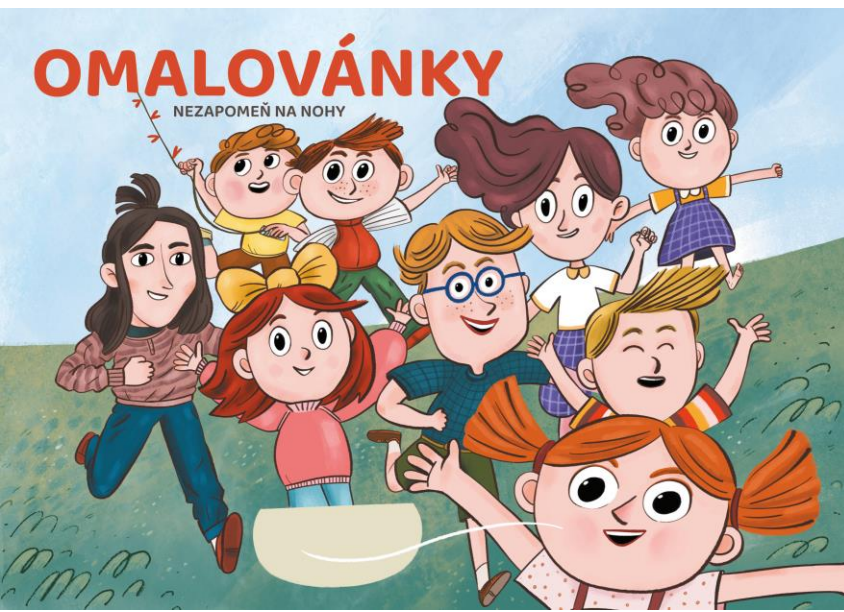
- Children of preschool age and of the first and second grade of elementary school
- Teachers
- Parents, grandparents
- Everyone who wants to take care of their feet





# Project outcomes

coloring books

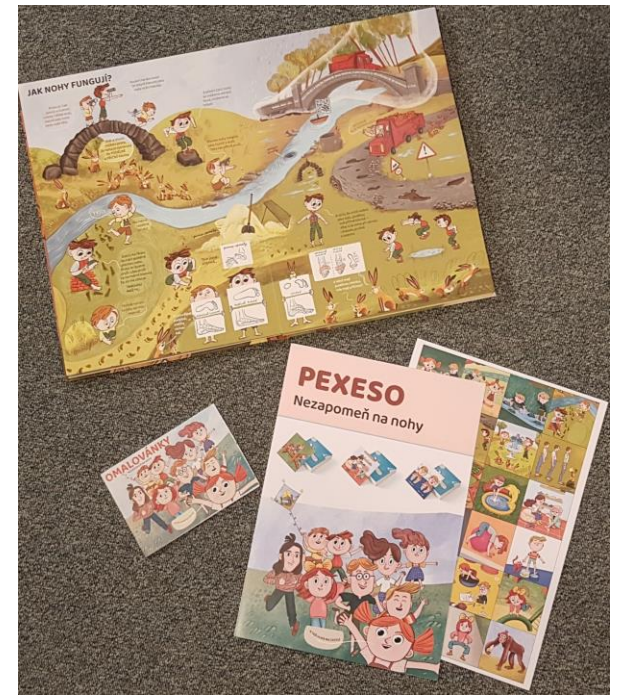


memory game



# The illustrated educational book

- The form of the prototype - 10 color double pages with title page and back page
- The book includes 9 animations with exercises, available under the QR code on the respective double page (except the last chapter)
- 14 video exercises, available under the QR code, see the penultimate page
- An electronic version of the book is also included







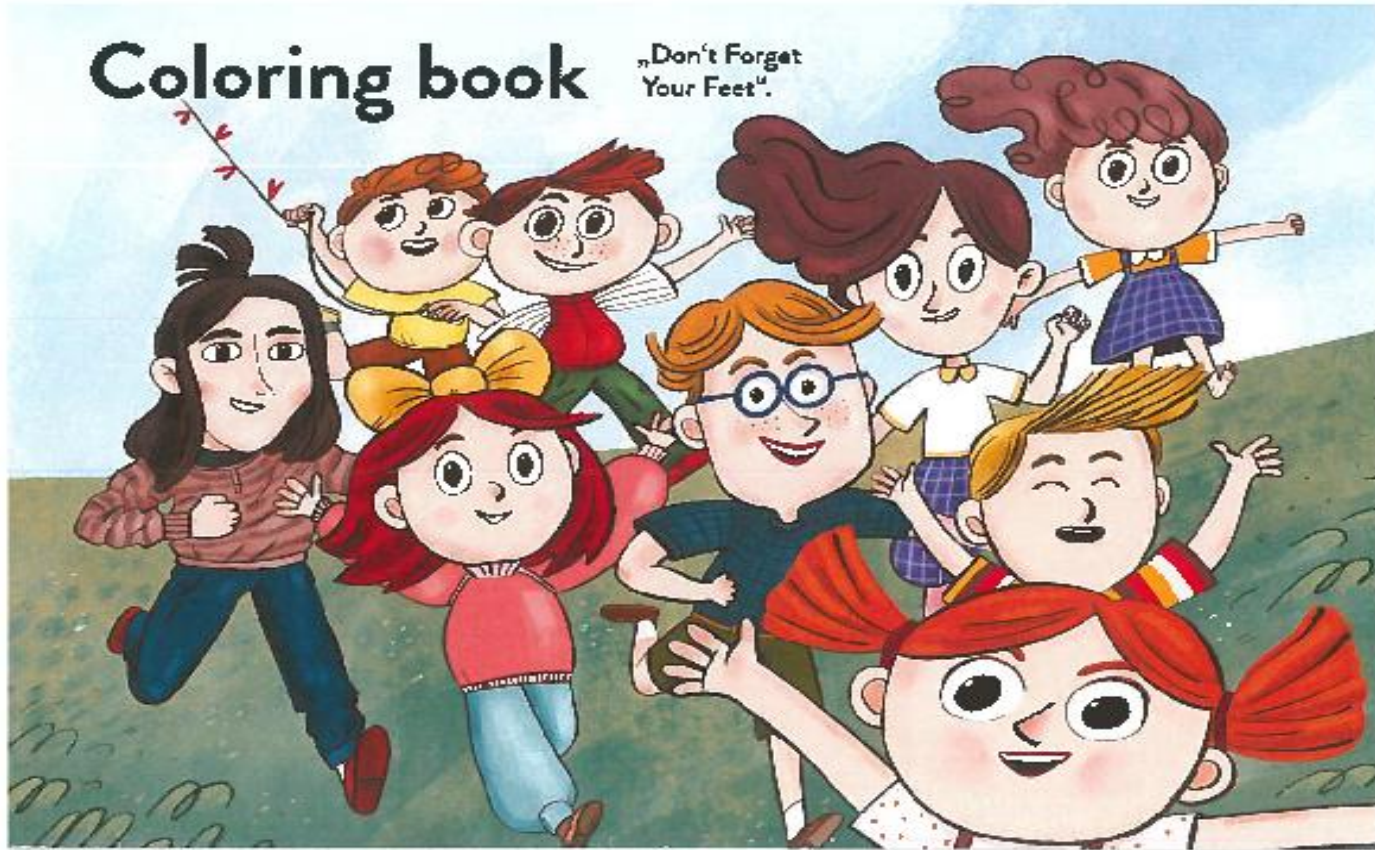
# ...Further outcomes

- **Memory game**
  - it contains color illustrations from the book
- **Coloring books**
  - they contain 9 black-and-white double pages thematically related to the illustrated book, with a color cover
- **Methodological manual** (74 pages, electronic QR code in the booklet, see the last page )
  - it complements and explains from a professional point of view the issue of exercise and prevention of the development of leg defects



# Coloring book

„Don't Forget  
Your Feet“.



# Memory game

## Don't Forget Your Feet.



### Game Instructions

This card game contains 24 pairs of 51x51 mm playing cards. The minimum number of players is two. All the cut cards are mixed up and laid face down into a rectangle of 4x6 cards. No one is allowed to look at the pictures while doing this. The players determine the order of play. The first player turns over any two cards so that the other players can also remember the pictures and their locations. If the two cards do not have the same pictures, they turn them back face down and return them to their original place. The next player continues. Matching cards are removed from the game when paired. The player who gets more pairs (points) wins.

### Caution

Not suitable for children under the age of 3. Danger of inhaling and swallowing small game particles.



### Team of Authors

Elžka Chytková, Jana Vašková, Raduša Šaukelová

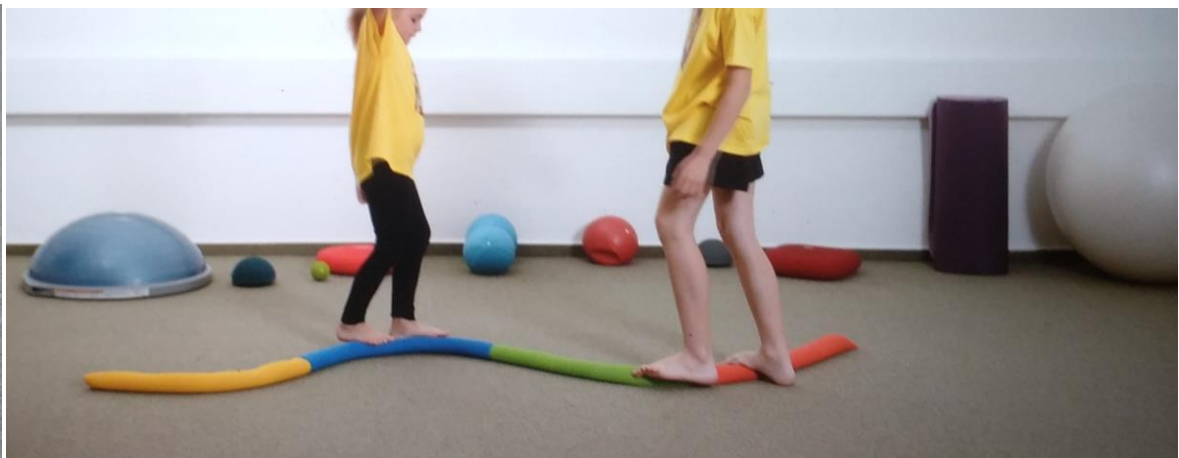
Pexeso is a supplement to the educational illustrated book for children, level: parents and pedagogues called „Don't Forget Your Feet“.

Made as a prototype: NOT FOR SALE.





# Video training examples





# The commercialization process

18 May 2023 publication of the book by the HOST publishing house

# An educational game package with elements of podiatry

Board and mobile game

# Project goal

- To help children, their parents and teaching staff acquire, practice and repeat basic information about the importance of the feet in the human locomotor system **in a fun way**
- **Educational game package** - is designed as a set of board games with figurines and mobile games that use selected topics from the illustrated book - Educational fairy tales with elements of podiatry  
*"Don't forget your feet"*



# Project outcomes

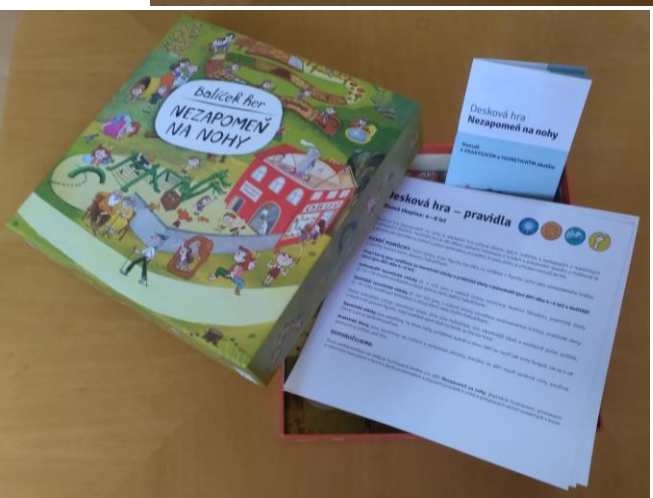
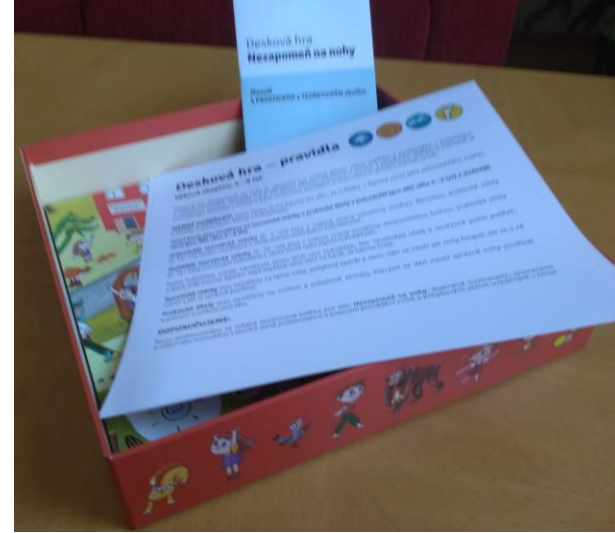
- **Board game „*Don't forget your feet*“**
  - It is conceived as the movement of figurines - characters in the given environment and the fulfillment of tasks at the obtained stations
  - It is designed in two levels of difficulty (for children of preschool age and for children of the primary stage – classes 1 to 5 in elementary schools)
  - Selected topics from the educational fairy tale, which are designed into the game environment, are used

# Board game prototype





# Package of games





# Board game prototype



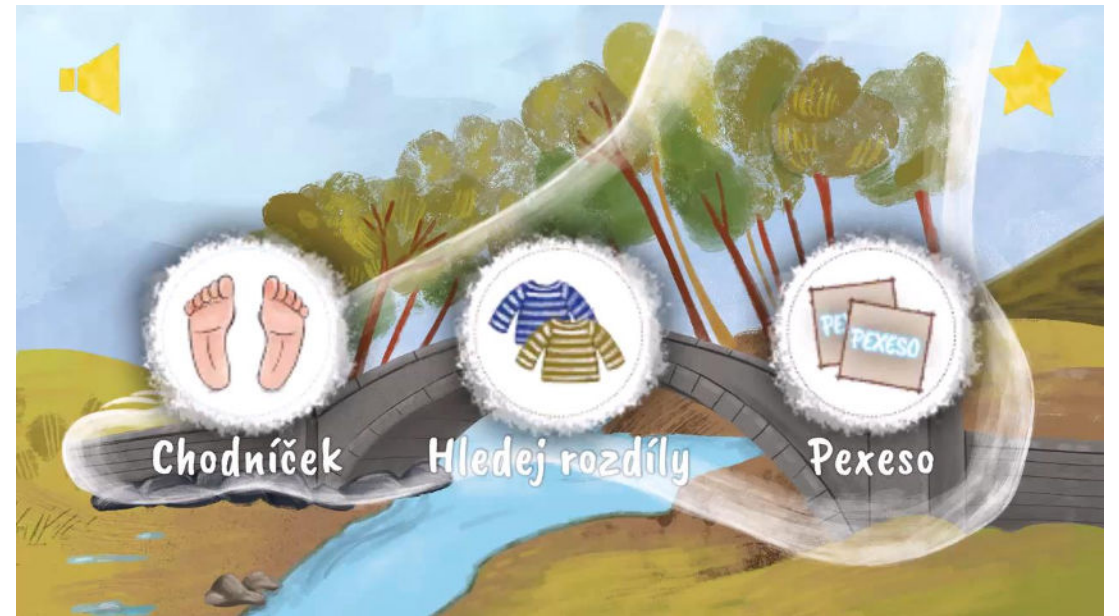
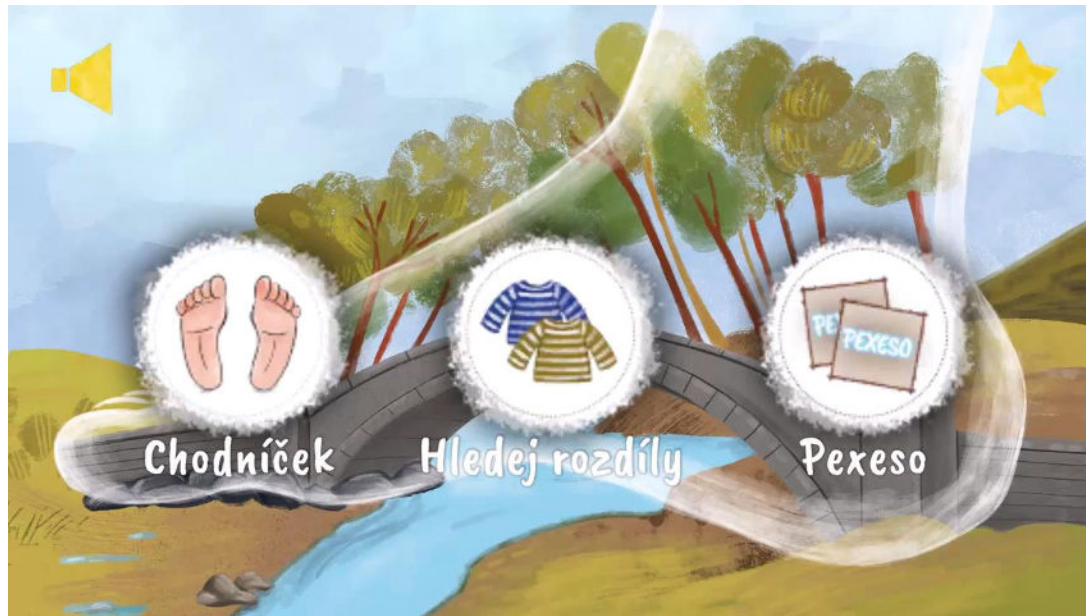
# Mobile game

- It uses the illustrations and animations of the educational fairy tale book, it is designed as a three-level one:
  - game „Sidewalk“
  - game „Find the differences“
  - game „Memory game“
- These games are supplemented by interactive tasks
- Thematically, the tasks are related to the correct use of the locomotor apparatus, especially the legs, and lead to repetition and practice of the problems listed in the educational book „*Don't forget your feet*“

# The structure of the mobile game

- „**Sidewalk**“ – the player chooses one of the sidewalks according to what is on the sidewalk, and chooses from surfaces that can and cannot be walked on, surfaces move against the feet (i.e. walking imitation)
- „**Find the differences**„ – the player sees two almost identical pictures and searches for 3 differences between them
- „**Memory game**“ – uses pictorial images from the illustrated book and the board game
- According to the time results in individual games, the player receives a reward in the form of a piece of clothing for his "character". In the rewards section, he can then dress up his character, change his clothes and change them in various ways, or choose tasks to practice (tasks from the board game are used)

# „Sidewalk“ and „Find the differences“





# The commercialization process

- **Board game**
  - The license to produce the board game was sold to the Czech company Dino Toys in November
  - Planned release in Fall 2024
- **Mobile game** will be part of FMC's promotional activities
- **Negotiations** are taking place with the Glitr company about the form of education and promotion in the Glitr application <https://www.glitr.cz/>