



WKD 2023 Report

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In Bulgaria, there is a tendency for a progressive increase in kidney diseases leading to chronic kidney failure. Identifying symptoms of kidney diseases is particularly challenging in children. Therefore, the key to prevention lies in education as early as possible. We aimed to reach our students and help them learn about healthy kidneys through various educational games.

Traditionally, we perform STEM workshops on different topics every week. They are typically designed with a small community in a friendly classroom. Special events and awareness days are very important moments in our education community. During the last meeting on WKD, we discussed the importance of making healthy food choices, diagnosis, and prevention of kidney diseases.

The WKD-team encouraged teachers to educate students to build future and healthier generations. I would like to thank for the opportunity to present the WKD – kits to my students

<https://www.worldkidneyday.org/resource-library/school-kit-6-11yo/>

Some kidney FAQs have been discussed during our workshop, as *What are kidneys? Can I live with one kidney? Is there a cure for chronic kidney disease? Are kidney disease hereditary?* etc.

The superheroes “Kidney Kids” of Fresenius Medical Care ‘edutain’ all of us in a fun and interactive way (please, see <https://www.thekidneykid.org/en/resources/>). The children completed different tasks in the form of worksheets (please, see <https://www.thekidneykid.org/en/activities/>).

The workshop made our kids feel better. They were heroic kids who come to the rescue. Our workshop finished with a **Health concept** - hands holding models of kidneys and ureters prepared using beans and spaghetti.

Please, find some representative pictures from the workshop.







