



CRAFT:

Healthy Life Pinwheel



Make pinwheels that show the key components of a healthy life for all children, even those who come from families impacted disease. CBM programs meet the needs of the whole body – physical, social, emotional, intellectual, and spiritual – with the love and care of Jesus.

Physical - Healthy food for growing bodies. Sports and games, rest and relaxation.

Emotional - Happy memories and feelings of love and acceptance. Comfort and counseling to cope with sad memories, trauma and grief over the loss of parents and other loved ones, fears and loneliness.

Social - Free to be a child, with lots of play and interaction with others. Breaking the stigma and isolation with new friends, new family and community in Jesus.

Intellectual - Learning valuable skills for a healthy life, such as personal hygiene, water filtration for clean water, how to deal with conflicts. Literacy and numeracy development. Bible study and reflection.

Spiritual - Personally encountering the love of Jesus that heals wounds of the heart, mind and soul. Discovering that you are loved and treasured by God. Inspired to share the good news of Jesus' love with others.



PRAYER:

Thank you Jesus



Thank you Jesus for medicine and other things that help us to stay healthy. We pray for those in our world who are sick and not able to go to the doctor or get medicine. We know that you care for them very much. Help us to be responsible with what you have given us, and to find ways to respond, with your love, to injustices that we see.



SNACK:

Quinoa Granola



Bolivia is one of the few countries in the world where quinoa (an ancient grain) was originally grown. It is packed with nutrition and protein. Caution: The recipe has nuts; if any children have allergies, eliminate nuts and/or search online for a nut-free recipe.

Ingredients - 2 cups rolled oats, 1 cup quinoa uncooked, ¾ cup sliced almonds, ¾ cup pecans roughly chopped, 2 tablespoons chia seeds, 1 teaspoon cinnamon, 1/4 teaspoon sea salt, 1/3 cup coconut oil, 1/3 cup maple syrup, 1/3 cup dried cranberries

Instructions:

1. Preheat the oven to 325°F and line a baking sheet with parchment paper.
2. Mix together the rolled oats, uncooked quinoa, sliced almonds, pecans and chia seeds.
3. In a separate bowl, whisk together the maple syrup, coconut oil, cinnamon and kosher salt.
4. Pour the wet ingredients over the dry and stir until all the dry ingredients are coated. Spread the granola mixture into an even layer on the baking sheet(s).
5. Bake for 40 minutes to an hour, turning the pan halfway through and mixing gently to ensure it doesn't burn.
6. Remove from the oven and press down slightly to help form clusters and then let cool completely without disturbing to help the clumps form. Toss in the dried cranberries.
7. Store in a sealed container or bag at room temperature for about a month.

Source: www.bakerita.com

Hey! It's Not Fair!



PRESENTED BY



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LESSON 2 Get Well Soon

LEARNING OBJECTIVE: All people should have the chance to live a healthy and productive life

SCRIPTURE REFERENCE: Isaiah 58:10, 1:17, 58:6



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CBM embracing a broken world
through word & deed



BIBLE VERSE:
Isaiah 58:10

Help Those in Need



BACKGROUND:

It shouldn't matter where in the world you are born, but it does! The poor in developing countries bear a disproportionate burden of communicable diseases and health issues. They have increased exposure and risk through malnutrition, lack of affordable health care services, poor health and unsafe living conditions. Ultimately, it results in a much shorter life, for so many.

Chagas Prevention and Treatment (Bolivia)

Bolivia, one of the poorest countries in South America, has the largest number of cases in the world with about 10% of the population infected with Chagas disease. It is transmitted by the Vinchuca insect, which thrives in adobe walls and thatched roofs used in poorer homes. The parasite enters the victim's bloodstream and can live undetected for decades while quietly destroying internal organs, especially the heart. If caught in time, Chagas can be treated and home renovations can protect families. However, the costs for medical care and construction supplies are far beyond the means of the poor who are most affected. CBM's Chagas project provides awareness education, blood testing campaigns, supervised medical treatment for those in early stages of the disease, and renovation of homes. CBM also sends short-term mission teams to work with Bolivian families and volunteers in this program.

HIV/AIDS Prevention and Care (Guardians of Hope, Africa)

There were approx 36.7 million people worldwide living with HIV/AIDS at the end of 2016 and an estimated 5,000 new infections per day. Sub-Saharan Africa remains most severely affected, accounting for nearly two-thirds of people living with HIV worldwide. They face social stigma, fear and isolation, as there is no cure. There is, however, medical treatment that can improve health and prolong life. CBM's Guardians of Hope (GOH) program supports partner churches in Africa who are working to break the stigma and provide care for those most impacted through support groups that help children to go to school; help families earn income with goats and other livestock, seeds & farming tools, and skills training; as well as prevention and awareness education, access to testing and medicine and spiritual counsel.

One GOH project is in Kenya's coastal community of Kwale County, where 1 in 20 people are infected by HIV - one of the highest rates in the world. It was one of the sites of last year's Kamp Tumaini, an opportunity for orphans and vulnerable children/youth impacted by HIV and AIDS to come together and talk about the challenges they face, receive awareness education, counsel and encouragement. Youth from Canadian Baptist churches raised project funds and participated in the camps to encourage youth in Kenya.



OPENING ACTIVITY AND DISCUSSION: A Healthy Life



We are all affected in some way by sickness (a cold, flu, etc.). But do you know that how you are affected greatly depends on where you live? It depends on your ability to afford to go to the doctor, get medicine and learn about how to stay healthy. *Hey, it's not fair!* But being healthy is also more than just not getting sick.

Prescription for "Good Health"

On a large piece of paper draw a large outline of a person. At the top of the paper, write a sentence starter, such as: Good health is when _____. Or _____ is a characteristic of feeling healthy.

Give each child a sticky note and have them find a partner to discuss qualities and characteristics of good health. Have children write two sentences stating a quality or characteristic of good health on their sticky note and place it on the outline of the person.

When all sticky notes have been added, read them aloud. Use the characteristics to create a prescription for good health. Discuss the importance of mental and social wellbeing as part of what it

means to be healthy. For example, according to the World Health Organization: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (a child-friendly version: Health is the good condition of the body and mind without disease or sickness). Source: Worldslargestlesson.globalgoals.org

BUT there is something still missing from the prescription. Anyone know what it is? It is the spiritual part (our soul). We all need to personally encounter the love of Jesus that heals all the wounds of the heart, mind and soul - to discover that you are loved and treasured by God. That is what helps us to love, care for and respect others.

Half the world lacks access to essential health services and 100 million people are still pushed into extreme poverty because of health expenses (World Bank & World Health Organization 2017). *Hey, that's not fair.* Let's see how we can respond.



MISSION
ADVENTURE
STORY:

Meet Jon and His Family



Meet John and his family. They live all the way over in Bolivia. [Have a child put a sticker on Bolivia on your world map.] Let's hear his story.

I live in a small village surrounded by mountains. Most of us are poor. Our house has just one room where all nine of us in the family sleep. We have no electricity. This makes it hard for me to do my homework at night. I am so happy that I get to go to school. I am 12 years old and in Grade 6. My older brothers had to drop out of school and help our dad. They work as farmers. They have a long walk (5 km) in the mornings to get to the fields. I also have a long walk (4 km) to school, but I don't mind. I love going to school.

One day, mom and dad heard some bad news. People from a church were visiting and talking about a mysterious bug that bites people at night when they are sleeping. We call it the kissing bug. It carries Chagas, a disease that can kill you. Most people in my village didn't know about this disease. The church encouraged mom and dad to have everyone in the family tested. It was scary to find out that mom and dad and my oldest brother have the disease, but the church will help them to get medicine.

The church also gave dad some materials to fix our house to keep the kissing bug away. People even came from Canada to help us. We couldn't believe it. It was amazing to meet someone from a country so far away. Together we poured concrete over the dirt floor and then covered the mud walls with plaster. Dad also replaced our thatched roof with tin. I am so happy with all these changes to our home. I will have a very good, peaceful sleep knowing that the kissing bug is gone.

Story Option

Meet Mary and some of her friends. They live all the way over in Kenya. (Have a child put a sticker on Kenya on your world map.) Let's hear her story.

I was so happy to get the chance to go to Kamp Tumaini. It is a special camp for children and youth who come from families impacted by HIV and AIDS. So many people in my country have this disease. There is no cure, but there is medicine, if you have access to it, that will



improve your health. If you keep taking the medicine, you can live a long, long time. It is important to get tested and find out early, but people are scared. Once others hear you have this disease, they often do not want to be around you anymore.

At camp, I made so many new friends. I saw that I was not the only one to have big problems. You see, a few years ago, tragedy fell on my family when my dad died. My mom was so sad and unable to work because of her mental health problems. We didn't know what to do. We were desperate. I thought that I might have to drop out of school and get married to help provide for us. But then Guardians of Hope intervened. They acted as angels in my life. They paid my school fees and I was able to stay in school. I graduated top of my class and am now studying to be a teacher. They help families in many ways, encouraging people to get tested and help them to take medicine.

Tumaini means "hope" in Swahili and that's what this camp means.

DISCUSSION QUESTIONS:

1. What is the problem in the story? How does it make people feel?
2. What is helping John's (and/or Mary's) family to break the chain of sickness?
3. How does the story make you feel?
4. What can we do to help?

Closing: God wants everyone in our global family to have a full, healthy life. That is why he sent his son, Jesus, to heal our hearts from sin. We can tell others this good news and look for ways to respond to the injustices that we see.



ACTIVITY: Word Chain



Theme: What do we need for a healthy life?

Ask children to sit in a circle and pay close attention. You will start with a one-word answer, and each child has to continue, repeating your word and adding their own word after listing all of the words that came before it. For instance, start with, "Medicine". The next child continues, "Medicine, doctor" and continue on until the chain is broken (someone forgets one of the words in the chain or can't think of one to add within 30 seconds). This can also be played in teams.

Tip: For more fun, take notes and track the words, or act as mediator in case of disputes. You may also want to have a designated person keep track of the time.