How do you feel today?

Colour how you are feeling today.
Can you explain why you feel that way?

Happy  Excited  Cheeky
Confident  Hungry  Sleepy
Bored  Lonely  Sad

What makes you feel good?
Describe using your 5 senses things that you like at home.

Something nice to touch
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

Something beautiful to look at
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

Something good to taste
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

Something pleasant to hear
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

Something with a lovely smell
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

Nice to meet you, my name is Lumbi.
I’d like to learn more about you.

worldvision.ca
Draw your superhero

Not all heroes have capes and superpowers. Think about somebody around you who’s really making a difference in your community, to your family or to you. What do they look like? Can you draw them?

I would like to thank them for...

7-year-old Xinxin, expresses her thanks to the health worker through her drawing. © 2020 Qin Kun / World Vision

12-year-old Xiao Yi, a sponsored child from China, said through his drawing, “Health workers, like angels, holy and beautiful, heal and treat the wounded. Salute to the health workers.” © 2020 World Vision

worldvision.ca
Read Ireen’s story and answer the questions about how she lives and about your home too.

**Ireen’s home**

I live in Malawi, a country in the South East of Africa. Like all the other houses in my village, my hut is made of mud and covered with grass.

There’s only one room and I sleep there with my whole family. This is also where my mum cooks, so it can be quite smoky inside.

Sometimes, when it rains, water trickles in the hut, making the walls and floor damp. We don’t have lights so it’s very dark even during the day.

I don’t like staying in my house because it’s small and gloomy. I prefer to be out and play with my friends, which makes me happy.

Where does Ireen live?
In which part of the world is that?

What do you think about Ireen’s home?
Would you like to live there? Why?

How is your home? Can you describe your bedroom and your favourite place?
Make a tippy tap

Many countries around the world don’t have access to water like us. So families build tippy taps, which is a simple way for people to wash their hands when no taps are available.

Making a tippy tap is easy and fun. With the foot lever, the bottle or container tips forward and the water trickles through the holes.

Can you answer these?

How many taps do you have at home?
What would happen if you couldn’t wash your hands?
How long do you need to wash your hands for to kill all the germs?
When do you need to wash your hands?

To make a tippy tap, you will need...

**MATERIALS**
- Milk/water bottle
- Soap
- Rope/string
- 2 forked sticks
- 2 straight sticks
- Gravels or bucket (optional)

**TOOLS**
- Shovel
- Pliers + nail
- Candle + lighter
- Scissors

For 8+ yr olds
30-45 min

After going to the toilet, this boy from Zimbabwe washes his hand to avoid diseases.
© 2019 Chris Huber / World Vision

worldvision.ca
Make a tippy tap

Method

This is how to build a typical tippy tap but feel free to try with other materials. Ask an adult to help you with making the holes.

1. Build the tippy tap structure by digging 2 holes to plant the forked sticks into.

You can also use tubes and attach all the parts with ropes.

Make sure the sticks are levels and once they are firmly secured in the ground, place one of the straight stick across the forks.

2. Using the pliers, heat the nail with the candle to easily pierce the bottle.

With the hot nail, make 3 holes near the top of the bottle on the opposite side of the handle and 1 hole above the handle to let air get in.

3. Make a hole through the soap using the nail and thread the string through.

Hang the bottle on the stick by the handle or with some string. Hang the soap at a similar height.

Fill the bottle with clean water.

4. Build the lever by attaching one side of the string to the neck of the bottle and the other side to the stick.

Your tippy tap is ready. Well done!

You can put some gravel (or a bucket) under the tippy tap to avoid the water running off.

5. Make sure the sticks are levels and once they are firmly secured in the ground, place one of the straight stick across the forks.

Hang the bottle on the stick by the handle or with some string. Hang the soap at a similar height.

Fill the bottle with clean water.

6. Build the lever by attaching one side of the string to the neck of the bottle and the other side to the stick.

Make sure the stick is off the ground.

Hang the bottle on the stick by the handle or with some string. Hang the soap at a similar height.

Fill the bottle with clean water.

7. Build the lever by attaching one side of the string to the neck of the bottle and the other side to the stick.

Make sure the stick is off the ground.

Hang the bottle on the stick by the handle or with some string. Hang the soap at a similar height.

Fill the bottle with clean water.
Learn to play Mancala

Many children around the world play this very popular strategy game. All you need is small stones, beads or seeds and you can make the board by drawing it or digging small holes in the ground.

**Aim of the game**

The objective of the game is to capture as many stones as possible.

**What you need**

48 pieces (small stones, beads or seeds)

A board with 12 cups (2 rows of 6) and 2 stores on either side (the Mancalas). You can make the board by digging small holes in the ground or simply drawing a grid on a piece of paper.

Mancala is known as Bao la Kiswahili in most countries of East Africa. It is played with 32 holes arranged in 4 rows and 64 seeds or stones called in Swahili “kete”.

Bay Khom is also a version of Mancala, widely played in Cambodia especially during the Cambodian New Year. The game has 10 holes and 2 stores and is played with 42 beads.

What about you create your own version of the game with a different amount of holes?

© 2016 Jon Warren/World Vision
Learn to play Mancala

How to play
Players take turns moving the stones from one of their cups and placing each one of the stone in a cup moving anti-clockwise. The game is over when one player has moved all the stones from the cups on their side.

Getting started
Place four stones or beans in each cups, holes or grid, excluding the Mancalas. This should total 48 stones.
Players play from the 6 cups in front of them with the large cup (Mancala) on their right. The stones are moved anti-clockwise using the whole board.

Playing a game
Pick the stones from one of your cups and place each stone in a cup or Mancala moving anti-clockwise.
Place each stone from one cup going anti-clockwise.

Rules of play
1. If the last stone you place goes in your Mancala, you can play again.
2. You place each stone on each of the cups including your opponents, but only in your own Mancala, not the opponent’s Mancala.
3. Last stone in your empty cup: pick up your opponent’s stones.

If the last stone you place goes in one of your empty cup, you take the stone from your cup and capture all the stones on the opposite cup from your opponent and put them in your Mancala.

Do not put stones in your opponent’s Mancala.