

# WELCOME TO YOUR WORLD

Activity guide for children grades K-3

## HELPING OTHERS—AN INTRODUCTION

Helping others is something God wants us to do.

God calls each one of us his children. He loves us all dearly, and asks that we take care of each other. How can we do that? We can start at home by being kind to our brothers and sisters, and at school by helping our friends and classmates. But is there more that God wants us to do?

How can we help others who don't have very much and are hurting or hungry? How can we help people we don't even know?





## THE NEED IS ALL AROUND US

Did you know that there are more than 16 million children in the United States living in poverty? Poverty means not having enough money to pay for basic needs. Families in poverty have a hard time giving their children the food, clothing, and shelter they need. Far too often, there is not enough money in their homes for anything else, including something as basic as school supplies.

In the Bible, Psalm 82:3 says, “Defend the weak and the fatherless; uphold the cause of the poor and the oppressed.” To “uphold” means to support and take care of someone; “the oppressed” refers to people who are forced into or trapped in an unfair, cruel situation.

God uses this Scripture from the Bible to tell us that it’s our responsibility to do what we can to help others in need. But it’s a good idea to first learn about the needs they face.

World Vision is an organization that helps children and families in need all over the world and even here in the U.S. They want to spread the word about the needs that many people in poverty face, and to inspire individuals everywhere to care and have compassion—and to step in to help. This World Vision Activity Guide will help us learn about the challenges people living in poverty experience every day here in the United States.

## FOR LEADERS

These activities are designed to challenge students to think about others in need. Students will have fun as they learn and grow in their compassion. How you use this guide is up to you. The activities are designed for students in kindergarten through third grade, though older children can certainly participate. You can choose to spread out the activities across five days or five weeks. You can select just a few activities to use for your group—it's not necessary to complete all of them. It's important, however, to make sure you read the conclusion to your group and talk about practical things you can do together to help others—even if you don't complete all of the activities.

Please read the materials ahead of time so that you understand the activities and how to explain them to your group.

### Supplies Needed:

- *a sheet of paper for each person in your group*
- *a pen, pencil, or crayons for each person in your group*
- *a whiteboard or other large writing space for "Playing with Words"*
- *a blank name tag for each person in your group*
- *one set of instructions for "A Healthy Mix-Up" for each person in your group (Photocopy the last page of this guide)*

Read the activity descriptions and follow-up challenges out loud to your group. Each activity is good for any group of at least three students or more.

# ACTIVITY

# 1

## PLAYING WITH WORDS

We are going to start with a little activity for your brain. So get ready to focus, because you'll need to think for this challenge!

### HOW THIS ACTIVITY WORKS:

#### NOTE TO LEADERS:

Write the phrase "Education changes lives" on the board, and hand everyone a sheet of paper and a writing utensil.



#### » instructions for groups of third graders and older:

Write the words "Education changes lives" on your paper. Below that, make a list of all the words you can form using letters from this phrase. For example, you can make the word "sand" or "changed" by combining letters from "Education" and "changes." The words can be as short as two letters, but they can't be proper nouns and they need to be real words.

There are many possibilities, so get started! The activity is over when I call "time." If you need help, come and talk to a leader and we can give you hints.

#### » instructions for groups of second graders and younger:

Write the words "Education changes lives" in the middle of your paper. You can copy it right here from the board. Around the words, draw pictures of anything that reminds you of school. For example, you can draw a ruler or a stapler, or the librarian from your school. Just make sure each picture you draw tells us something about school. The activity is over when I call "time."

#### NOTE TO LEADERS:

When time is up, ask the younger students to share some of their drawings and explain why they drew what they did. Then have them share what they like best about school.

For older groups, ask them to add up their words. The student with the most words will read their list to the group to ensure that each word is valid and derived from the phrase, and that no words are duplicated. If any mistakes have been made, re-count the total to determine whether that student still has the most words. If they don't, then the next person with the most words reads their list aloud, and the process continues until there is a winner.

*continued on the next page*

# ACTIVITY **1**

# PLAYING WITH WORDS

continued . . .



## NOTE TO LEADERS:

Once your students have completed the activity, read the following to them.

## The power of education

Great job completing the activity and working with the phrase “Education changes lives.” This is a very important phrase—because it’s true.

Education allows children the freedom to learn, grow, and explore their creativity and their potential. Most importantly, it helps give them the knowledge, skills, and confidence they need to be successful as they grow up. Without an education, a child born into a poor family has a harder time taking care of themselves when they grow up because they don’t have as many resources or opportunities, like a good job. Education is the key to helping them change their future.

Jesus tells us in Matthew 19:14 that children are very dear to him—children, that means each one of you, have a special place in His heart. Jesus says, “Let the little children come to me, and do not hinder [stop] them, for the kingdom of heaven belongs to such as these.”

When we care about children in poverty who need an education, we are making sure they are not hindered by anything that keeps them from learning and being successful. As we are learning today, education changes lives.

“Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.”

—Matthew 19:14 (NIV)



Getting an education means building skills that can help you pursue your dreams. For a child living in poverty, doing well in school helps them achieve their goals and create a brighter future for themselves and their families.

# ACTIVITY

# 2

## MUSICAL SHOES

You remember musical chairs, right? This activity is just like that game, but you play it with someone's shoe!

### HOW THIS ACTIVITY WORKS:

#### » instructions:

Take off your shoes and stand in a circle. I will randomly select a shoe and give it to one of you. I will whistle or hum a song with my back turned to you while you pass the shoe to the person on your right. When the music stops, the person caught with the shoe is out for the rest of the round. I will then select another shoe and start up the music. Do not throw the shoe at any time. We will play until there is only one person left in the circle!



#### NOTE TO LEADERS:

As an alternative to humming or whistling, you could play music over a speaker. Once your students have completed the activity, you can play more rounds if you have more time. When finished, ask them to put on their shoes and sit down, then read the following to them.

### Walking in someone else's shoes

Sometimes we forget to think about how others feel. But Jesus always thought about others, and He loves it when we do the same. When we care for a person who is in need, Jesus tells us it's like we are helping Him personally. In Matthew 25:35, He says, "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in."



For people living in poverty in the United States, meeting basic needs can be difficult. Things like food and clothes are too expensive when you don't have a paycheck or any money in the bank. Sadly, it's kids who feel it most when times are hard.

*continued on the next page*

# ACTIVITY **2**

## MUSICAL SHOES

continued . . .

Close your eyes just for a moment and consider how it would feel to walk in the shoes of someone who doesn't have as much as you do. Do those shoes have holes in them? Are they too tight? How do you think that feels? Now, open your eyes.

Sometimes it's good to picture yourself in the shoes of someone else. Thinking about how a person might feel can remind us to treat others, especially those in need, the way that Jesus wants us to—with love.



“ For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in. ”

—Matthew 25:35 (NIV)

# ACTIVITY

# 3

## TEAM UP

It's easy to get confused and feel hopeless when something seems too difficult. But this activity shows that working together can help you accomplish anything!

### HOW THIS ACTIVITY WORKS:

#### » instructions:

First, participants must line up in the order of their birthdays. Then they need to line up alphabetically according to their middle names. This will take communication and patience on everyone's part!

### Hopelessness in poverty

It's easy to feel hopeless when you are overwhelmed and can't see an answer to your problem. Poverty and all the problems that come with it can create feelings of hopelessness among young people in communities across America. When children feel helpless and alone, they may be less motivated to do well in school or to find a way to help themselves or their families break free of poverty.

Together, we can make a difference. We can communicate God's love to children living in poverty who are hurting—and show them someone cares about them.



“ May the God of hope fill you with all joy and peace as you trust in him. ”

—Romans 15:13 (NIV)





# ACTIVITY 4

## A HEALTHY MIX-UP

It's time for a little physical movement. Note that there are two options for this activity. The first is for students who are in third grade and older. The second is for kindergarten through second grade. Both activities are designed to get you out of your seats and moving! They will also help you think about healthy foods and nutrition.

### HOW THIS ACTIVITY WORKS:

#### » instructions for groups of third graders and older:

Each person is given a name tag and their own set of instructions. The goal is to complete each one of your instructions the fastest. There will be some chaos, but that's part of the fun!

#### NOTE TO LEADERS:

Before kids arrive, prepare name tags by writing an easy-to-read number on each one. Make enough of these numbered name tags for the size of the group you expect—you don't want to use numbers higher than the number of kids expected. If your group has more than 10 children, start over with #1 again after you reach #10. It's okay to have more than one child with the same number. Photocopy enough sets of instructions for each person in your group.

It's important that the kids do these activities in a different order. Use a pen to personalize each set of instructions by numbering the order of them differently for each person. When you're ready to play, distribute a numbered name tag and a personalized set of instructions to each participant. To make it easy, you could start with 1 for the first box on the first sheet, then 2 for the first box on the next sheet, and so on.

“Taste and see  
that the Lord  
is good.”

—Psalm 34:8 (NIV)

leaders

A copy of these instructions is included on the last page of this activity guide for easy photocopying. Be sure to make enough copies for each participant.

#### » instructions:

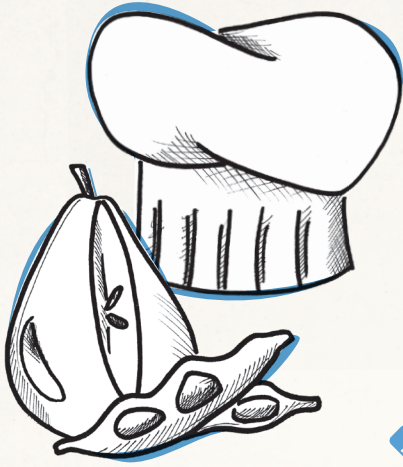
- Find #4 and introduce them to #10.
- Find out #7's favorite vegetable.
- Shake hands with #5 and #2.
- Find #1 and #9 and make your funniest face in front of them.
- Tell #3 and #6 the name of three different vitamins that are important.
- Sing "Happy Birthday" to #4 or #8.
- Tell #2, #3, and #6 your least favorite and most favorite fruits.
- Play "Rock, paper, scissors" with #7 and #10.
- Find #1, #5, and #8 and have them recite the Pledge of Allegiance to you.
- Find out #6's favorite healthy snack.
- Do jumping jacks with #9.

# ACTIVITY

# 4

## A HEALTHY MIX-UP

continued . . .



### » instructions for groups of second graders and younger:

A Healthy Mix-up is like the game of tag, but it's a little harder and a lot more fun! I will pick someone to be the first "chef." The chef's job is to try to tag the rest of you. When the chef gets close to you, squat down and shout the name of a vegetable or a fruit to be "safe" from the chef. But if the chef tags you before you can name a fruit or vegetable, you become the chef. You can use any fruit or vegetable, but you can't say the same thing the last person just said. If you repeat what was just called, you automatically become the chef. The activity is over when I call "time."



### NOTE TO LEADERS:

Once your students have completed the activity, read the following to them.

## Healthy food and nutrition

What a fun game, and a good way to start talking about health and nutrition!

You have been told by your parents and teachers that it's important to eat nutritious food. But did you know that foods like healthy, fresh produce—another name for fruits and vegetables—can cost a lot? In many homes around the world, even here in the United States, buying food or paying for a home can take up the entire family budget. Some families don't even have enough to pay for food or shelter. These people need us to share God's love by showing them compassion, like by giving to a food bank.



When kids don't get enough to eat—or don't get enough of the right kinds of food—it can be hard to have energy and focus on schoolwork. We can help other children just like you have strong bodies and minds!

# ACTIVITY **5**

## THE HOT SEAT

When we feel loved, we feel like there's more hope in our lives. This activity will allow each of you to experience the feeling of being loved by your friends. It will also give you a sense of the great big love God has for you.



### HOW THIS ACTIVITY WORKS:

#### » instructions:

Each student will take a turn sitting in the "hot seat" in front of the group. I will move around the room and select people to say something they like about the person in the chair.

#### NOTE TO LEADERS:

If younger children have trouble thinking of a compliment, help them think of something to say. Once all the students have had the chance to sit in the hot seat, read the following to them.

### Grateful for God's love and care

How did it feel to hear encouragement from your friends?

When someone in need can see that even one person cares about their situation, they feel like you do right now. They feel loved. God wants us to show compassion to others like this. We can make a difference in their lives by helping, even in a small way.

“ Love is patient, love is kind.  
... It always protects, always  
trusts, always hopes,  
always perseveres. ”

—1 Corinthians 13:4-7 (NIV)



# THE WORLD AROUND YOU

## LOVE YOUR NEIGHBOR

Each one of these activities has helped show us what God says about caring for the poor. We've learned about the need that is all around us, even here in the United States, and we've learned about why it's important to care for others. But how can we do this?

In Luke 10:27, Jesus is asked about the most important commandment in the whole Bible. This is what He says:

“Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind”; and, ‘Love your neighbor as yourself.’”

Jesus tells us we must love our neighbors as much as we love ourselves—that we need to think about the needs of others as much as we think about our own needs. But who, exactly, is our neighbor? It's not just the person who lives next door to you. It's anyone and everyone. Your neighbor is your brother or sister, the older lady living alone down the street—even the child living in poverty in your own town or all the way across the country. How can you love these people? You can start by treating others with compassion and sharing God's love with someone in need.

### How can you share God's love with someone in need?

- You can pray for children who are experiencing poverty, asking God to meet their needs.
- You can sponsor a child living in another country as a Sunday school class or children's ministry group.
- You can give gifts like goats and chickens to children in need around the world through the World Vision Gift Catalog.
- You can build backpacks through World Vision's SchoolTools for kids experiencing poverty in your community.

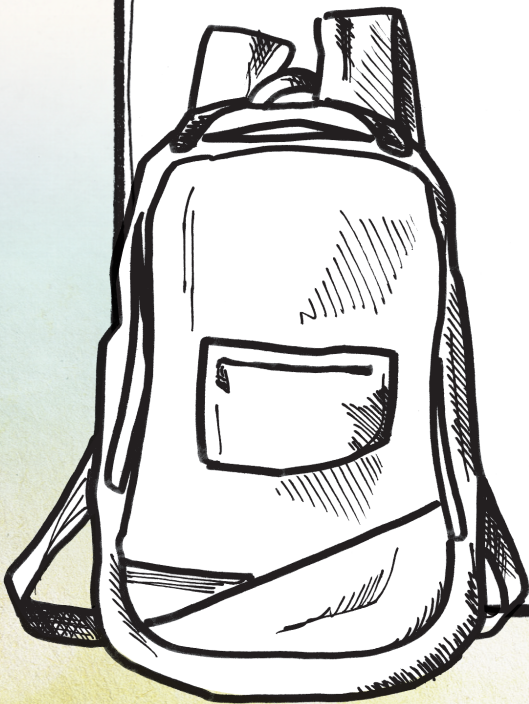
Visit [worldvision.org/church](http://worldvision.org/church) for more children's resources and information on how to get your children's ministry involved.

# HOW DOES SCHOOLTOOLS HELP?

SchoolTools provides basic supplies to help those living in poverty in the United States. In 2013, World Vision distributed 39,352 backpacks with school supplies to children in need here in the U.S.

The gift of school supplies brings encouragement to a child already living in difficult circumstances, giving them the opportunity to go a little further than they thought they could. It lets them know that someone else cares about them and their situation. Even more, parents can save their money for other essentials such as food, rent, or medical bills.

Each SchoolTools kit brings hope to a child. Purchase one kit, or gather a team to put several kits together. Assembling kits is a great way to come together to change the lives of children.



To purchase a kit online, visit [worldvision.org/churchkits](http://worldvision.org/churchkits)

## WHO IS WORLD VISION?



World Vision is a Christian humanitarian organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice.



# A HEALTHY MIX-UP

Photocopy the following instructions.



## NOTE TO LEADERS:

Leaders, after making enough copies for each participant, remember to use a pen to personalize each set of instructions by numbering the order of them differently for each person. To make it easy, you could start with 1 for the first box on the first sheet, then 2 for the first box on the next sheet, and so on.

### instructions:

- Find #4 and introduce them to #10.
- Find out #7's favorite vegetable.
- Shake hands with #5 and #2.
- Find #1 and #9 and make your funniest face in front of them.
- Tell #3 and #6 the name of three different vitamins that are important.
- Sing "Happy Birthday" to #4 or #8.
- Tell #2, #3, and #6 your least favorite and most favorite fruits.
- Play "Rock, paper, scissors" with #7 and #10.
- Find #1, #5, and #8 and have them recite the Pledge of Allegiance to you.
- Find out #6's favorite healthy snack.
- Do jumping jacks with #9.