

Contains
loads of
FUN family
activities!

Come on a trip
with us around
the world...



Compassion explorers

An activity book for all explorers aged 5-11

strap yourself in!

Inside, children from
across the world are
waiting to welcome
you to their countries
and tell you what God
is doing in their lives.
So, come on in!



Welcome to the Compassion Adventure.

Over the next seven days, we'll take you on a whistle-stop tour of God's big, beautiful world. On the way, we'll meet some incredible children who will help you explore what God has to say about big issues, like poverty and love.

There's fun in store too, with some great activities and crafts for you to do. And we'll also be checking in with God through prayer to ask Him how we can be part of the wonderful things He's doing.

So, strap yourself in and get ready for the adventure of a lifetime.

What's inside

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COVER IMAGE UPPER:
JANWALAI, THAILAND

COVER IMAGE
LOWER & OPPOSITE:
A GROUP OF CHILDREN
ARE RUNNING TOGETHER
ON THE SHORE OF ROTE
ISLAND, INDONESIA

MARIA, BRAZIL



Our wonderful World

Compassion
supports more
than 2 million
children in
25 countries
around the world.

Bangladesh	El Salvador
Bolivia	Ethiopia
Brazil	Ghana
Burkina Faso	Mexico
Colombia	Nicaragua
Guatemala	Peru
Haiti	Philippines
Honduras	Rwanda
Indonesia	Sri Lanka
Kenya	Tanzania
Dominican Republic	Thailand
Ecuador	Togo
	Uganda

Pacific
Ocean

Atlantic
Ocean

Indian
Ocean

Pacific
Ocean

Scan the QR code to
discover more about
where Compassion works



Welcome to the world

The world is a big place. Did you know planet Earth has 195 countries, with around 7.8 billion people, who speak 6,500 languages? It's mind-blowing just how big and diverse it is.

As you travel with us on the Compassion Adventure, we'll introduce you to children who live in different countries to hear about their experiences.

In some countries, children can't go to school, see a doctor or even get good food to eat. Perhaps you think there's nothing you can do, but as Christians, we believe that God wants us to share what we have with others – even when they live on the other side of the world.

Compassion is a charity that helps Christians across the world to work together to support more than 2 million children in 25 different countries. So awesome! In fact, if all the children got together, they would fill Wembley Stadium 50 times over.



CHRISTINE
JOY, THE
PHILIPPINES



BRIAN,
KENYA

Teatime discussions

The Bible has lots to say about our wonderful world and how we should take care of it and look after each other.

Read this verse from John 3:16 with your family.

"This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed, by believing in him, anyone can have a whole and lasting life." (MSG)

Chat about these questions:

- What does God think of the world?
- How should we treat our world?

Did you know?

If you were to walk around the middle of the earth without stopping, it would take you 1,000 days or more than two-and-a-half years!

Let's talk to God

God is our friend and He wants us to talk to Him about everything, both the big and the small things. Prayer isn't just about asking God for things we want, it's about getting to know Him, which means telling Him about the good and the bad things we've done, too.

In the Bible, Jesus teaches us how to pray in Luke 11:1-4, and we can use that outline when we pray by ourselves. Write your thoughts on the prayer outline below. You can draw pictures on a piece of paper if you'd prefer. God doesn't mind, He just loves to hear from us.

Dear God,

Thank you for.....

(What do you love about the world? Write a few things that you can say thank you to God for.)

We are sorry for.....

(What are some of the things we've done to hurt the world and the people who live in it?)

Please help us to.....

(How would you like things to change? Ask God to help us make a difference in the world.)

Amen

Get creative

Let's explore the flags of the world by eating them!

Check out these colourful, fruity ice pops in colours that represent the flags of different countries. Children in Latin America call them paletas.



What you need

- A grown-up to help you
- Fruits or juices in the colours of your chosen country's flag
- Water, milk or plain yoghurt
- 1 tsp extra flavour (optional): lime or lemon juice, honey
- 10 small paper cups or ice pop moulds
- Ice pop sticks or craft sticks (or a spoon will do the job!)

What to do

1. Pick your fruit. The top colour of your flag goes in the cup first. So, if you're making the Mexican flag, you need green – perhaps kiwis.
2. Blend the fruit with the liquid of your choice until it's smooth. Add honey if you need a little sweetness. Make the flavour pop with fruit zest or juice if you'd like.
3. Pour the mixture into the bottom third of your cups. Put in the freezer until the mixture is mostly frozen, about 2-3 hours. Don't add the next layer until the previous one is mainly frozen.

4. Repeat this process for the rest of your flag's colours. For Mexico, we will mix 1 tbsp lime juice, 1 tbsp honey (optional) and 1 cup of plain yoghurt to make white. Then we'll blend 1 cup of strawberries, 2 tbsp honey (optional) and 1 cup of water to make red. Then pour the white mixture into each cup on top of the green layer and wait until it's mostly frozen before adding the red layer and a stick.

5. Insert the stick between the final layer and the one before it. After you add the final layer and stick, freeze the paletas for 4 hours.



Explore **Justice**

Justice is one of those big words that you might hear on the news, but we also hear about it a lot in the Bible. It means "to make things right". To help us understand what it's all about, we'd like to introduce you to Atalya.

Atalya lives on a small island in a country called Indonesia in Asia. See if a grown-up can help you find it on the map on page 4.

Atalya (pictured right) is 16 years old and really wants to go to school, but many people in her community think that, because she's a girl, she should stay at home and help her mum.

We should all help our parents, but do you think it's right that Atalya can't go to school, just because she's a girl?

We don't think it's right and neither does Atalya's mum, Yuliana. With the help of a Compassion project at her local church, Atalya is now going to school and even plans to go to university. She's also speaking up so other girls can go to school too.

Atalya says,

"I want to prove to the people in my community that women can be as successful as men. It feels good to influence people for good."

**Get creative**

To help you remember that justice is also about speaking up for others, why not make your own megaphone.

**Teatime discussions**

God wants to make things right, and there are lots of verses in the Bible about how He wants us to do that - we often call this seeking justice.

Read this verse from Proverbs 31:8-9:

"Speak up for the people who have no voice, for the rights of all the misfits. Speak out for justice! Stand up for the poor and destitute!" (MSG)

• Who are the "people who have no voice" referred to in the verse?

It doesn't actually mean people who can't speak at all, but rather those who are ignored by powerful people who make the decisions. Speaking up for people means using your words to help them, just like Atalya uses her words to help other girls go to school.

Next time you're at school, church or the playground, be aware of when you should speak up for someone. For example, if you see someone pushing or hitting another child, tell a grown-up. If you hear a classmate teasing someone in the playground, tell the bully why that's wrong and then say kind words to the person being teased.

- List some more ways you can speak up for others.
- Chat with your family about how you can help people, like Atalya, who live a long way away.

Let's talk to God

God knows what's on our hearts - but He still wants us to talk to Him. If we ask God, He can help us to be better at speaking up for others and making things right.

Dear God,

Thank you for.....

(Do you know any people helping to make life better for others?)

We are sorry for.....

(Are there times when you've not spoken up and wished that you had?)

Please help us to.....

(How would you like to speak up for others?)

Amen

Did you know?

Martin Luther King was a famous civil rights activist in America during the 1950s and 60s. He spoke up for people of colour who were not treated as equal to white people. He helped change the world.

What to do**What you need**

- A grown-up to help you
- Sturdy square of cardboard - roughly 30cm x 30cm
- Scissors
- Stickers, pens or pencils to decorate it
- Sellotape or strong glue

1. Choose one side of the cardboard square and mark the centre.
2. Make a short arc with a 6 cm radius from the centre point, this will become the top of the megaphone.
3. Make a long arc on the other side of the card by pinning a piece of string to the centre point and attaching a pencil to the other. This will become the main body of the megaphone.
4. Cut the megaphone pieces out.
5. It's easier to decorate the megaphone while it's still flat. Why not add drawings and some encouraging words from Proverbs 31:8?
6. Roll the megaphone up (one side should overlap the other side). You can add a handle by using more card if you like!

Explore **Love**

Love is one of those words we hear a lot in pop songs.

It can be really cringey sometimes! But love isn't just about hearts and flowers. God loves us, and He wants us to love others too. There are lots of different ways we can love others.

Catherine and her brother Mangnga from Tanzania, in East Africa, know love is important. When they were very little their mum left home and didn't come back. Their dad found life very difficult and couldn't care for them properly.

One day, seeing Catherine and Mangnga looking very hungry, a lady called Grace invited the children for a bowl of porridge at her church. When they told her how they had to find food in the rubbish dump, Grace knew she had to do something. The children joined a Compassion project run by the church where they got extra food, health check-ups, and could go to school.

Because things were so difficult at home, the children's father agreed that they could even go and live with Grace. Grace already had a big family of her own, but thanks to the help of a Compassion sponsor, she was able to take the children in. The children still see their dad, but they're now settled in their new home, healthy, happy and very loved.

"I like staying here more than where we used to live because we are loved," says Catherine.



Get creative

There are many ways you can show someone that you love them, and they don't have to be expensive.

Words - Write a letter or draw a card, either for someone who's kind to you, or to your sponsored child telling them how special they are.

Actions - Offer to do the chores or help someone you love with a task. It might not be all that fun for you but see how happy you make the person you're helping out.

Gifts - Presents don't always have to be expensive. Sometimes homemade gifts are the best. See how you can **turn an old egg box into some lovely flowers**.



Teatime discussions

Before Jesus died and rose again, making a new promise between God and His people, there were a lot of laws that had to be kept by the Israelites. These included the Ten Commandments and 613 commandments from the Torah, the first five books of the Bible. Can you imagine trying to follow all those rules every single day?

But thanks to Jesus, there are only two simple things we need to do. He tells us we should love God and love others. When God sent His only Son, Jesus, to earth to die on the cross for us, He showed His great love for us. Because of God's gift to us, we can love others like Christ loves us.

Read this verse from John 13:34-35:

"Let me give you a new command: Love one another. In the same way I loved you, you love one another. This is how everyone will recognise that you are my disciples-when they see the love you have for each other." (MSG)

- Make a list of the ways you can show Christ's love to others today.
- Draw a picture of how Christ's love makes you feel.
- Write an encouraging letter to your sponsored child, letting them know how much you care.

Let's talk to God

One of the great things about God is that He wants us to tell Him the details of our lives, even the bits we're not proud of. When we say sorry to God, He forgives us and helps us to start each day anew. Yippee!

Dear God,
Thank you for.....
(Think of the people who love you and thank God for them.)

We are sorry for.....
(Tell God about the times when you've not been loving and say sorry.)

Please help us to.....
(How would you like to show Jesus' love to your friends and to people further away?)

Amen

Did you know?

The word "love" is mentioned 686 times in the New International translation of the Bible.

What to do

What you need

- A grown-up to help you
- Empty egg box
- Scissors
- Paints
- Paintbrush
- Decorations: stickers, gems or pompoms
- Glue
- Pipe cleaners or craft sticks for the stems



1. Decide which flower you're going to make. Take a look at this website for ideas explorer.compassion.com/let-love-bloom
2. Cut each individual egg section out and trim the edges to look like petals. If you want to create petal layers, cut some pieces to be smaller than others.
3. Paint your flower pieces and let them dry.
4. Glue the smaller pieces onto the larger pieces to create layers.
5. Add decorations at the flower centres.
6. Make stems from card, pipe cleaners or craft sticks.

This activity originally appeared in the Compassion Explorer Magazine. To find out more visit explorer.compassion.com/explore-at-home

Compassion

Do you ever see real-life things on TV that make you feel sad? Jesus felt sad about the things He saw in the world. So sad that He wanted to do something to help.

You might feel that you're too little to make any difference, but that's not true. We can all do something.

Nine-year-old Poppy (pictured right) lives in Ireland and felt so sad about children around the world who were suffering because of COVID-19 that she set up a plant stall in her garden.

The money she raised is enabling Compassion church partners to help more children and their families stay healthy during the pandemic. Poppy says, "Do your best, and don't worry. God will be with you through the easy and the hard times."

What great words of wisdom!

"Do your best, and don't worry. God will be with you through the easy and the hard times," says Poppy.



Get creative

It's easy to talk about doing kind things, but it's much harder to actually do them.

We've put together a kindness planner to help you put your words into action.

You can use the ideas we've suggested or come up with your own.

Grab a piece of paper and create your own kindness planner. Don't forget to tick off each item when you've completed it!

Teatime discussions

In Matthew 22:37-39 Jesus says,

"'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.'" (NIV)

• Who do you think the 'neighbour' referred to in the passage is?

Is it the person who lives next door, your friend at school, or is it your sponsored child who lives on the other side of the world? It's all of them! Jesus wants us to be kind to everyone: even those who might be very different from us.

Many of our neighbours around the world live in poverty, and God wants us to use the good things He has given us to love them.

• How can you show people in your local community that you love them?

• How can you love people who live in countries a long way away?

Let's talk to God

Isn't it amazing that we can talk to God whenever and wherever we want? You don't just have to pray at bedtime or in assembly at school; you can do it anywhere you like. If something pops into your head, pray.

Dear God,

Thank you for.....

(Think of the people who are your 'neighbours'.)

We are sorry for.....

(Say sorry for times when you've been a bit selfish and thought of yourself before others.)

Please help us to.....

(Think of ways that you can put others first.)

Amen

Did you know?

The charity Compassion started helping children in 1952.

Act 1 I will do this by Date completed	Act 2 Offer to do the chores at home I will do this by Date completed	Act 3 I will do this by Date completed	Act 4 Hug a member of your family I will do this by Date completed	Act 5 I will do this by Date completed
Act 6 I will do this by Date completed	Act 7 I will do this by Date completed	Act 8 I will do this by Date completed	Act 9 I will do this by Date completed	Act 10 I will do this by Date completed
Act 11 Pray for someone who is sad or sick. I will do this by Date completed	Act 12 I will do this by Date completed	Act 13 I will do this by Date completed	Act 14 Do something nice for someone who has been unkind to you. I will do this by Date completed	Act 15 I will do this by Date completed
Act 16 I will do this by Date completed	Act 17 I will do this by Date completed	Act 18 Write a letter to the child your family sponsors. I will do this by Date completed	Act 19 I will do this by Date completed	Act 20 I will do this by Date completed

Explore Church

When you hear the word "church", what do you think of? The image of a church building might pop into your head, but church isn't actually a building at all, but rather a gathering of Christians. When groups of Christians get together in a school, house or even a field, it's church.

When the COVID-19 pandemic hit the East African country of Uganda, Pastor Cyrus had to close the doors of his church building.

But that's not the end of the story. "The building has been closed during this pandemic, but the church ministry isn't," says Pastor Cyrus (pictured below right).

Many people lost their jobs because they had to stay at home to stop the virus spreading. They were running out of food, but Pastor Cyrus knew that God wants His followers to look after those who are hungry, so he decided to teach people how to grow their own fruit and veg. Every week, children from the Compassion project at his church came to learn how to farm.

Pastor Cyrus couldn't afford to buy all the seeds and tools himself, so he asked Compassion for their help. Compassion then asked Christians around the world to give money to help in churches where people were finding life hard because of COVID-19. Christians from around the world came together to share God's love with these children.



CRISTHIAN PRAYING WITH HIS MOTHER, YESICA IN PERU



Get creative

Colour in the person carefully. Consider how each part of the body works together to remind you of the Body of Christ (God's Church). Church is made up of different people with different skills and talents. Every single one is really important.



Teatime discussions

Imagine for a moment that you had feet instead of hands, or eyes rather than knees, or that you were one big brain without a body. Life would be very tricky, wouldn't it? Now imagine a football team made up of strikers but no goalie, or a restaurant with lots of waiters but no chef. They just wouldn't be very good.

Read this verse from 1 Corinthians 12:27-31:

"You are Christ's body - that's who you are! You must never forget this. Only as you accept your part of that body does your 'part' mean anything." (MSG)

- Do you know what the "Body of Christ" means in this passage?

It means the church, a group of Christians. The point of this passage is to show that God has made us all different for a reason. When we put our different skills together, we can do wonderful things. Pastor Cyrus found this out. He knew how to farm, but he didn't have any money, so he asked Christians who did. Together they were able to help children who were going hungry.

- What are you good at?
- What are your friends good at?
- How can you work together to help others?

Let's talk to God

It's so great to know that Jesus has made us who we are for a reason and that He's given us friends to help us too. Even though Christians are scattered across the world, we can come together in prayer.

Dear God,

Thank you for.....

(Think of the different skills God has given you and your friends.)

We are sorry for.....

(We all get jealous of others, and that makes God sad - so take a moment to say sorry.)

Please help us to.....

(Think of ways that you can use your skills to help others.)

Amen

Explore **Worship**

Worship is all about showing God how much we love Him.

We often associate it with singing or playing music, but there are so many other ways we can worship, even when we don't feel like it.

M eet Flora (pictured right). She lives in a country called the Philippines with her mum, dad and three siblings. Their home is a small bamboo hut, and it can be very hot inside. Flora was born with a heart condition, which means she often gets out of breath and has chest pains.

The good news is that Flora goes to a Compassion project at her local church, and they make sure she gets the medical care she needs. Like many children and young people, Flora found it really hard when COVID-19 hit her country, and she wasn't allowed to go outside.

However, when she's feeling sad, she chooses to think about the good things she has and says "thank you" to God. It always makes her feel better. She even shares her worship with other people through social media to help them feel better too.

"Whenever my heart is heavy, I grab my ukulele and start playing and singing worship songs," she says.

"I realise that the more I worship the Lord in songs, the more my faith withstands times of trouble," says Flora.

**Get creative**

The Bible calls us to make a "joyful noise" for God and you can do that with anything. Have a go at making your own elastic band guitar.

**Teatime discussions**

The Book of Psalms in the Bible is full of poems, songs and prayers to God.

Read Psalm 139:13-14:

"I thank you, High God, you're breath-taking! Body and soul, I am marvellously made! I worship in adoration, what a creation!" (MSG)

• Did you realise that you were such a marvellous creation?

God wants each of us to use our unique creativity to praise Him. Flora has chosen to sing to God to show Him how much she loves Him, but playing music is just one way we can show God how much we love Him.

Even if you don't sing or play a musical instrument, there are many other ways to praise God. You might draw a picture, write a poem, or dance. When we do anything that we know pleases God, it's worship. So that might be helping out at home or sending a letter to a child you sponsor.

• How can you use the special creative gifts and talents God's given you to praise Him and help others?

Let's talk to God

Sometimes it can be hard to pray - particularly when you're feeling sad. When we focus on God and the good things He's given us, we always feel better. Try reading a verse from the Psalms when you pray to remind you how good God is and how much He loves you. Read Psalm 95. It's a really happy one.

Dear God,
Thank you for.....
(Think of the good things God has given you - like family, food and shelter.)

We are sorry for.....
(Think of the times when you've forgotten to be grateful.)

Please help us to.....
(Think of ways that you can use your creativity to praise God.)

Amen

Did you know?

Singing can help to improve your mental health and make you feel physically stronger too.

What you need

- A grown-up to help you
- Tissue box, or small cereal box with an oval hole cut in the front
- Poster paints
- 2 lolly sticks
- Long cardboard tube
- Elastic bands of different thicknesses
- Coloured paper
- Stickers or decorations
- Paintbrushes
- PVA glue
- Scissors & sticky tape

What to do

1. Place the end of the cardboard tube up against the end of the tissue box and draw around it. Carefully cut the circle out to create a hole.
2. Paint the cardboard tube and lolly sticks and allow them to dry.
3. Open the box out and lay flat. Paint the inside and allow it to dry.
4. Cut a piece of coloured paper and stick it to the base of the tissue box
5. Glue the box back together with the painted side on the outside and allow it to dry. Insert the cardboard tube into the hole, then secure in place with sticky tape.
6. Glue the lolly sticks in place at either end of the hole at the front of the box. Allow to dry, then stretch the elastic bands around the whole box.
7. Finish with decorations of your choice.

(this will become the inside of the guitar).

Let's keep going!

Sometimes we might think that God is just for Sundays, but He wants to be part of our lives every day of the week.

Make some time this week to think about what we've learnt. How can you get involved in the good things that God is doing all over the world?

Every day you can look at one of the topics we've covered and write down your thoughts, draw a picture, or even read more about it in the Bible.

Day 7



TWINS KELLY AND KELYA ARE OUTSIDE PLAYING WITH THEIR FRIENDS AT THE PROJECT IN HAITI



JOSÉ, BRAZIL

Monday

How can we love the world?

Explore these Bible verses:

John 3:16,
Genesis 2:15,
Proverbs 22:9,
Luke 6:38

Notes:

Tuesday

What is justice?

Explore these Bible verses:

Proverbs 31:8-9,
Isaiah 1:17,
Zechariah 7:9,
Micah 6:8

Notes:

Wednesday

Who does God want us to love?

Explore these Bible verses:

John 13:34-35,
Luke 6:35-36,
Proverbs 19:17,
John 15:12-13

Notes:

Thursday

How can we show God's love to others?

Explore these Bible verses:

Matthew 22:37-39,
Luke 6:38,
Matthew 25:37-40,
2 Corinthians 9:6-8

Notes:

Friday

What are you thankful for about your church?

Explore these Bible verses:

1 Corinthians 12:27-31,
Ephesians 4:16,
Romans 12:4-5,
Matthew 28:18-20

Notes:

Saturday

How can you worship God?

Explore these Bible verses:

Psalms 139:13-14,
Isaiah 58:6-7,
Romans 12:1-2,
Psalm 150:1-6

Notes:

Sunday

How can God use me?

Explore these Bible verses:

Matthew 13:31-32,
Jeremiah 29:11,
Romans 8:31

Notes:





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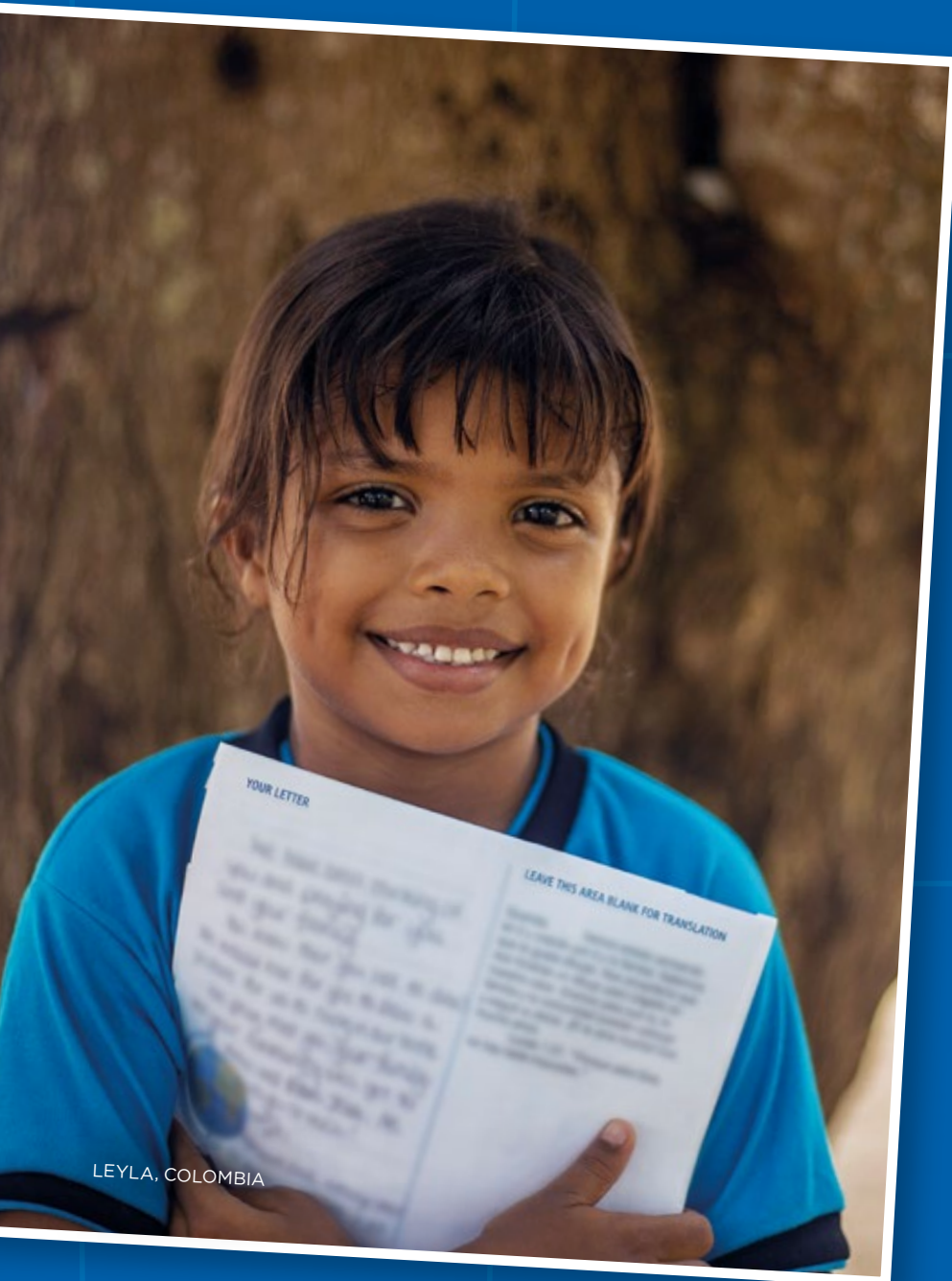
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