



Count your blessings as a family!

For the days listed, simply swap the reflections given in the adult resource for the reflections below. Read out each reflection together as a family.

February Thursday 7

Do you like school? How would you feel if you couldn't go? A billion children – that's a thousand million – in the world do not go to school at all.

Dig out your pencil cases. Together with your mum and dad, count all your pens and pencils and give 2p to Christian Aid for each one. Christian Aid is trying to change things so that lots more children can get an education and have the chance of a better life.

Sunday 10

Did you know that where we are born in the world can have a huge effect on what our lives are like? If we are born in a rich country, like the UK and Ireland, we are lucky. We have things like free healthcare and schooling. But other people do not have these things, because they are born in poor countries. It's just not fair. But if we work together by giving money, writing to people who make decisions, and by praying, we can try to make the world a fairer place for everyone.

Tuesday 12

We can all help cut CO₂ emissions and reduce global warming by doing things like walking or cycling instead of taking the car, and switching off lights when not in use. Remember to switch off your computer too. Count the computers in your house and, as a family, give 20p for each one. Give an extra 20p for each time one has been left on this week.

Saturday 16

Before breakfast talk about how you would feel if you couldn't have any breakfast. Give each person some 2p pieces, and place a pot in the middle. For each thing each of you eats and drinks this morning, you are all going to give 2p to Christian Aid, which tries to make sure people have enough to eat to keep them healthy. Try to be first to put 2p into the pot each time you spot someone eating or drinking something new.

Sunday 24

Draw the most amazing bicycle you can imagine. In Mozambique in Africa, an organisation called The Christian Council of Mozambique (CCM) is turning guns into bicycles! CCM asks people to give in their guns so that they can't be used anymore. In return, CCM is giving people things like bicycles, so that they can get around more easily, and ploughs so they can plough their fields.

CMM gives the guns to local artists who make them into big sculptures of birds, trees and other beautiful things for everyone to enjoy.

Use items from your recycling bin to make a model. Things that have become useless or even dangerous can often be turned into something good with imagination and determination.

Tuesday 26

Do you like eggs? Eggs are full of something called protein, which is important for us to stay fit and healthy. But some families in the world can't afford to buy food that contains protein.

Look in your fridge and count the boxes of eggs. For each box of eggs, give 40p. In a country called Kyrgyzstan, 40p could buy ten eggs for a poor family. Why not have some eggs for tea tonight?

March

Sunday 2 Mothering Sunday

It's Mother's Day today. Thousands of people in the UK will have bought their mum a bunch of flowers. But did you know that some of flowers you can buy in the shops come from poorer countries and are picked by people who work for 18 hours a day for just £1 a day? Find a £1 coin. What could you buy with it?

As a family, talk about where things come from and about fair trade. You can buy fairly traded food, flowers and lots of other items. The next time you visit a supermarket look for items with the Fairtrade mark. Buying Fairtrade is one way you can make sure that the people that grow or produce these items are paid enough money to live on and are treated well.

Tuesday 4

Find every pair of shoes you can – look under beds, in cupboards and in the shed. Line up all the shoes side-by-side in the living room or garden. Together work out how many people you would have in your house or garden if every pair was worn by someone different. Probably enough for a big party!

Some children in the world are so poor that they can't afford to buy shoes at all and go everywhere in bare feet. But, in Cambodia, shoes cost as little as 65p. Give 2p for every pair of shoes you own and then work out how many pairs of shoes Christian Aid could buy for people in Cambodia who don't own a pair.

Saturday 8

A couple of weeks ago we talked about ways to cut CO₂ emissions, which can help prevent global warming getting worse. But the world's climate is already changing and some people are living with the effects. Because the sea is already beginning to rise, the water in ponds, rivers and wells near the sea in Bangladesh is turning salty. This means that the wells that bring water up from underground aren't bringing up fresh water anymore. Some people now have to travel up to 24 hours to buy fresh water in cans.

Count the taps in your house. Many houses in poor countries don't have taps like we do. Count the number of glasses of water you drink as a family today and give 5p for each one.

Friday 14

In lots of places in the world people don't have toilets and water systems like we do. Sometimes this means that sewage ends up on the street near homes, making places smelly and causing sickness. In a country called Nicaragua, just 13p could buy enough nails to [build a toilet](#).

If you are a child, give 2p each time you go to the toilet today – and charge all the adults in the house 5p toilet tax for every time they go!

Sunday 16 Palm Sunday

Read Luke 19:29-38 together. Jesus was an unusual king. He could have chosen to live in a big palace with lots of servants. He could have made friends with lots of rich people. Instead, Jesus decided he would live with poor people and be a friend to them. To show he was this kind of a king, he travelled into Jerusalem on a donkey instead of in a big bronze coach like other kings might have done.

How could you look out for people who aren't so rich or popular?

Monday 17

In Colombia, in South America, fighting has forced hundreds of thousands of people to leave their homes and go to live somewhere safer.

Talk about the last family holiday you had. Did you want to come home? What might it have been like if you had not been able to come home at all? Some families in Colombia have been wanting to go home for many years. Give 25p for every holiday or short break you've had this year.

Sunday 23 Easter Sunday

God loves us so much that he gave his own son Jesus to us to die for us. But it didn't end there. Today we celebrate that Jesus rose again and is alive!

Thank God for all the good things you have, by praying together.

For the fresh water that runs out of the tap in our kitchen

For the shoes that protect our feet

For breakfast and lunch and dinner

Thank you, Lord Jesus.

For being able to learn to read stories and write our names

For the eggs in our fridge

And our loving family home

Thank you, Lord Jesus.

For being a king that loved people above palaces,

That valued the poor above silver and gold

And swapped a bronze carriage for the long, hard road of love

Thank you, Lord Jesus

Help us to become more and more like you each day.

Amen