

Count your blessings by filling in the spaces



17 February

One out of every six people in the world does not have enough food to eat to stay healthy.

What's your favourite food? Draw it here. 

Say a prayer of thanks to God every time you have something to eat today.



21 February – The Challenge

Eleven-year-old Walter lives in Bolivia and mainly eats potatoes. His favourite way to eat them is in soup! Christian Aid is helping to fund seeds, tools and training to help his family grow other vegetables to eat and sell.

Count all the different kinds of food you have in your house.

Give 2p for each kind: £ _____

24 February

Do you have jobs you do at home? One in six children in the world has to go out and work to provide money for their family. This sometimes means they can't go to school and have no time to play.

Play a game today; tell at least one friend or family member a fact from this sheet, and ask them to pass it on to someone else.

28 February – The Challenge

Eleven-year-old Maria from Honduras helps her mum grow flowers to sell to pay for the things their family needs. Christian Aid is helping to provide a covering for the flowers while they are growing so that they don't get damaged by the weather.

Go for a walk with your family and see if you can spot any flowers in gardens or even in the supermarket.

Give 5p for each different kind you see: £ _____



(Pssst! 14 March is Mothering Sunday so prepare now!

Visit www.christianaid.org.uk/lent for some interesting present ideas.)

3 March

Think about all the ways you've used water today. Millions of people around the world don't have clean water that they can use. **Can you think of a way you can save water in your home or school?**

Write it here:

7 March – The Challenge

Ketemash Takle lives in Ethiopia. She is 15, and it's her job to collect the water for her family. It used to take her 40 minutes to get water, but now it takes her five, thanks to a new water point in her village, which was funded by Christian Aid.

Count the number of times water is used in your house today.

Give 2p for each time: £ _____



10 March

What do you think of school? Around 75 million children around the world don't even have the chance to go to school.

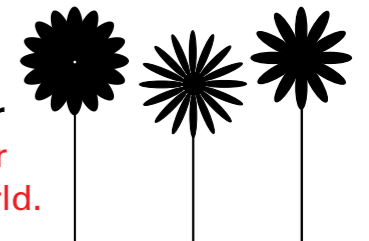
Give 5p for every minute it takes you to get to school today.

£ _____

14 March – The Challenge

Today is Mothering Sunday.

Your challenge is to plan something nice for your mum or carer. Make them a drink or a card, do a chore for them or buy them a present. Pray for mums in all parts of the world.



17 March

Weather around the world is changing. This causes problems such as flooding, when there's too much rain, and not being able to grow food when there's not enough rain. Have there been countries in the news affected by the weather?

Look on the internet to find out as much about these countries as you can.

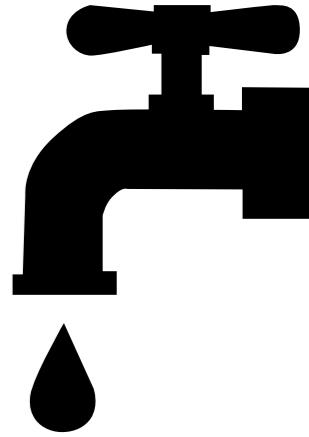


21 March – The Challenge

In 10,000 schools across India, there are after-school eco clubs to teach children how to save energy and cope with floods and droughts.

Can you save energy today? Play a board game instead of watching TV. Count all the plug sockets in your house, but don't touch them.

Give 5p for each one: £ _____





24 March

Fairtrade is when farmers and workers in poor parts of the world get paid a fair price for their crops.

Can you see anything at the shops that says it is Fairtrade?
Why not buy a fairly traded item that you've never tried before?

28 March – The Challenge

Because people in Britain and Ireland told the supermarkets that they wanted Fairtrade products, it's now easier to find them.

Make some cakes using different Fairtrade products. Go to www.fairtrade.org.uk for recipe ideas. Give the cakes to your friends and family and send their donations to Christian Aid.

How much did you raise? Write it here 

£ _____

31 March

Bethlehem and Jerusalem have a huge barrier between them, and you can only get through it at security checkpoints. This makes big problems for many people who need to get from one place to the other, even though they're only a short drive apart. Karmel Sarasreh is eight years old and lives on one side of the barrier, but some of her family, including her dad, live on the other. This means it's difficult for her to get to see them. Christian Aid is working to try and make things fair for families like Karmel's.



Write the names of the places your family lives in here:

4 April – The BIG Challenge

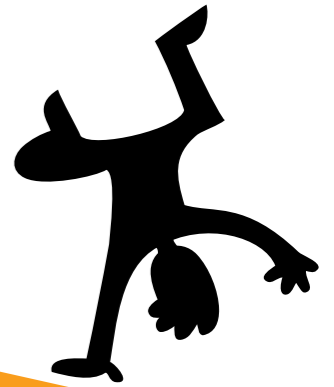
It's Easter Day! Today we will celebrate Jesus coming back to life and many will enjoy eating chocolate eggs. **Put a piece of chocolate in your mouth and think about the people around the world you have learnt about during Lent. Write a prayer for them here:**



Can you give 2p for every bite of chocolate you have today? £ _____

Now add up everything to see the total you have raised: £ _____

HAVE A HAPPY EASTER!



UP FOR THE CHALLENGE?

Children's Count Your Blessings – Lent 2010



In Britain and Ireland we have so many good things that sometimes it's hard to count them all. But some people in other parts of the world have almost nothing and that's just not fair. You can use this sheet to count and say 'thank you' for some of the good things (which some people call their 'blessings') that we have.

Lent is the 40 or so days leading up to Easter, when Christians think about the challenge Jesus faced of spending 40 days in the desert. *(You can read this story in Luke 4:1-13 in the Bible.)* In the past, many Christians gave things up or lived very simply during Lent, to remember this story. Some people still give things up during Lent, but we'd like you to try something else this year. **Are you up for the challenge?**

Put this booklet up somewhere where you can see it every day. Once a week you'll have something to count, and once a week we'll be setting you a challenge to complete. Sometimes this will be giving a small amount of money as a way of saying 'thank you' for the good things we enjoy.

At the end of Lent, when you have finished, please send the money you have collected with this sheet (or a photocopy) to Christian Aid. Christian Aid will use this money to help give people in poor countries some of the things we in our country think are ordinary, such as clean water and school books. You can ask an adult to write a cheque made payable to Christian Aid and send it to: **Supporter Relations, Christian Aid, PO Box 100, London SE1 7RT. Please write your name, address and this code on the back of your cheque: A009149.** Or, if an adult in your family is using their own version of this sheet, you can send all the money in together to keep things simple.

Now prepare for the challenge!

POVERTY