Week 3

On the third day, God made land, sea and plants

Monday

How many different birds can you spot when you go for a walk? Look up their names and give 10p for each type that you see.

Tuesday

If you have a garden at home or school, could you set up a bird bath to provide water for the local birds?

Wednesday

The dove is a symbol of peace. How can you make your school or community a peaceful place? Write a prayer on the theme of peace.

Thursday

Some people, like Beethoven (picturised), have beeswax in their blood. Can you find a honey recipe and give 20p to help you make it?

Friday

The Kenya coast is home to amazing wildlife and it’s one of the most biodiverse parts of Africa. There are over 550 plant and 50 animal species unique to Kenya’s coastal forests. The sea is home to five of the world’s seven marine species, butterflies, whales and dolphins. Can you think of any more creatures that live in the sea? Give 5p for every answer.

Week 4

On the fourth day, God made the sun and moon

Monday

Do you have any pets? What are your favourite animals? Faith says: ‘My life has changed because of the pets that we have. I pray for Faith and her family.

Tuesday

Faith’s fields used to be dirt and dust because drought meant nothing grew. But now Faith can grow crops thanks to a ready-made dam built by her local community. Can you think of a time when you used sand to make something? Have you ever tried to make a sandcastle? Can you find out more about how dams are built? Read how Faith’s life has changed because of the dam. Pray for Faith and her family.

Wednesday

Even the parts of fruit and vegetables we don’t eat can be useful and help the soil become richer for growing food in. Can you name some foods that can be composted? Give 2p for each idea.

Thursday

Could you organise a funds raising event for Christian Aid? Ask a grown-up to tell you about the Christian Aid Week Big Brevile event. Could you plan something similar?

Friday

This Sunday is Mothering Sunday – a day to say thank you to mums, carers and anyone who has looked after you. Could you make a thank you card?

Week 5

On the fifth day, God made water creatures and flying creatures

Monday

How many different birds can you spot when you go for a walk? Look up their names and give 10p for each type that you see.

Tuesday

If you have a garden at home or school, could you set up a bird bath to provide water for the local birds?

Wednesday

The dove is a symbol of peace. How can you make your school or community a peaceful place? Write a prayer on the theme of peace.

Thursday

Some people, like Beethoven (picturised), have beeswax in their blood. Can you find a honey recipe and give 20p to help you make it?

Friday

The Anglican Church in Kenya knows it’s important to plant more trees to protect the environment. We have seasons because the Earth is tilted as it moves in its yearly journey around the sun. Which season of the year do you like best? What makes it special?

Week 1

On the first day of creation, God made day and night

Ash Wednesday

Think about day and night. Name three different things you like about both. Say a thank you prayer for the things you’ve named. What do you notice as you travel to school in the dark? Look really carefully at your surroundings. Give 2p every time you notice something new. Create a picture to show the contrasts between light and dark. How about making a wax resist painting?

Thursday

Which animals are most active during the night? How many can you name? Are any threatened by climate change? Think about the actions you can take to help animals under threat.

Friday

When it is our daytime, some of our global neighbours are asleep. Find out about different time zones. At bedtime, pray for the people who live in places you have travelled to.

Week 2

On the second day, God made the sky and water

Monday

What is the sky like today? Can you see any clouds? Do you like the rain? Why? In Kenya, droughts are very common and without water, life is very difficult. Faith says: ‘My life has changed because of the water. I give 10p to fetch water was a long journey. No longer do I have to get water every day as I was before. Now we are fetching it just near our home. How many ways have you improved your home, house, school or church? Give 2p every time you use water today.

Tuesday

Lent is the time leading up to Easter when Christians reflect on the gift of our world and what they can do things that show God’s love in the world. Often think about the impact of their actions on others, and do things that show God’s love in the world.

Wednesday

Christian Aid helps local communities with seeds and tools and teaches them how to help them plant crops. Say a thank you prayer for the different plants and green spaces you see around you each day. Have you thought about gardening tools at home or school? Ask a grown-up to help you count and give 5p for every tool.

Thursday

Faith: ‘I was not able to plant anything. Now we can plant vegetables and water our trees. ‘Plant a seed or bulb and water it regularly to help it grow. Could you grow a garden in your school or church grounds?’

Weekend

Christian Aid

Thank you
This is Faith with her husband Steven and their five children Mwinza, Kioko, Carol, Kelvin and Hilary. Faith and her family live in Kenya. Droughts are now more common in Kenya due to climate change. Often the people who did the least to cause climate change have to face its worst effects, from droughts to floods. Without water, Faith and her husband Steven couldn’t grow crops. Without crops, they didn’t have enough to eat or to sell. But now Faith grows crops that are lush and green thanks to a nearby dam. Her local community got together to build the sand dam with the help of Christian Aid. The rains don’t fall often but when they do, the community can collect every last drop of water in the dam. This gives Faith’s community a way to survive even when there is a drought.

A water source like this gives people like Faith hope for the future. With water Faith can farm. With water she can make bricks to extend her home for her children and build an outside toilet. With water she can grow a garden full of vegetables and fruit trees.

Faith grew such an amazing crop of tomatoes that she sold enough to pay for her children to go to school and buy two cows. With water she can keep the cows healthy so that they can help plough the fields on her farm and provide nutritious milk for her family.

‘Now I’m watering my garden and the fruit trees on our farm. We eat and sell the fruit.’

Faith

Let’s meet Faith

As you journey through Count Your Blessings, you’ll need the following items:

- paper or a notebook to write down your thoughts, reflections and questions.
- pencils or pens to write down your reflections and draw your picture.
- plain paper to draw a picture.